



Review Article

A REVIEW ON *CHUKKUMTHIPPALYADI GULIKA*: A POTENT HERBO-MINERAL FORMULATION IN *JWARA*

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ABSTRACT

Rasa Shastra is a branch which deals with mercury, metals, minerals, gems, herbal drugs and various principles of alchemy and metallurgy. The popular books on Kerala Ayurvedic treatment like *Sahasrayoga* and *Chikitsamanjari* describes various potent herbomineral formulations. One such *Kharaleeya rasayana yoga* is *Chukkumthippalyadi gulika* explained in *Jwaraprakarana* of *Chikitsamanjari*. This *Yoga* has a wide range of therapeutic utility and indicated in *Tridoshaja sannipathika jwara*. *Jwara* is the first and the most serious of all diseases so it needs to be specially attended. Ingredients in the formulation include drugs from *Maharasa*, *Uparasa* and *Sadharana rasa vargikarana* of *Rasa dravyas* which are to be used in the formulation after proper *Samskaras* like *Sodhana* and *Marana*. Few other controversial drugs like *Gandhamarjaraveerya*, and *Mrigasringa* are also included in the formulation. Other herbal ingredients include *Sunti*, *Pippali*, *Bola*, *Vacha*, *Jeeraka*, *Rudraksha*, *Kiratatikta* and *Karpoora*. Indication of the *Yoga* specifies *Haret Drak Sannipathajwaram* depicts its immediate action on *Jwarachikitsa*. **Aims and Objective:** The main objective of this article is to discuss the therapeutic uses of *Chukkumthippalyadi gulika* and to discuss the different pharmacological properties and therapeutic uses of isolated constituent drugs of *Chukkumthippalyadi gulika* thus to raise an awareness of this particular formulation in the healthcare system so that they can be applied to community needs. **Discussion:** Most of the drug in *Chukkumthippalyadi gulika* is *Katu*, *Tikta rasatmak* with *Ushna Veerya*, *Laghu*, *Ruksha*, and *Tikshna Gunatmak* having *Jwarghna* property. **Conclusion:** *Chukkumthippalyadi gulika* is a very effective drug, it has multidimensional broad spectrum activity so this can be used in all type of *Jwara*.

INTRODUCTION

In the current era of Covid pandemic, fever and its associated symptoms have wreaked havoc on every aspect of human life. As on July 1st 2022, 545,226,550 confirmed cases of COVID-19, including 6,334,728 deaths, reported to WHO in more than 227 countries and territories.^[1] On analyzing the symptoms of Covid, they are more or less similar to *Lakshanas* of *Sannipathaka jwara* explained in Ayurveda. Classical textbooks.

Ayurveda describes *Jwara* as the most powerful among diseases *Santapa*, *Aruchi*, *Thrishna* and *Angamarda* are some of the symptoms associated with fever ^[2]. The main characteristic of the condition is thought to be an increase in body temperature or disrupted mental state. *Jwara* is an *Abhyanthara roga marga Rasadhatu Pradoshaja roga*. *Chukkumthippalyadi gulika* explained in *Jwaraprakarana* of *Chikitsamanjari*^[3] and *Gulika prakarana* of *Sahasrayoga*^[4], has a proven clinical effectiveness in *Tridoshaja sannipathika jwara*. *Jwara* is the 1st and the most serious of all diseases so it need to be specially attended. Ingredients in the formulation include drugs from *Maharasa*, *Uparasa* and *Sadharana rasa vargikarana* of *Rasa dravyas*. A thorough analysis of the drug's many pharmacological activities is provided, along with an objective assessment of how wisely it should be used. Ayurveda states that a drug's *Rasa guna*, *Veerya*, *Vipaka*, and *Prabhaava* determine how

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effective it will be. The status of medication action in the body is determined by these alone or in combinations. *Rasapanchaka* is always responsible for the drug's outcome, and this is consistent with contemporary pharmacodynamics. Besides that the drug action also depends the action of *Agni* on that particular drug. Action of a formulation is either by *Avayavaprabhava*^[5] (action of *Rasapanchakas* of individual drugs in the formulation) or by *Samudayaprabhava* (a different action attributed on combining prescribed ingredients in the formulation).

In the present day, *Rasa ousadhies* have given Ayurveda a wholly modern medical appearance. *Rasa ousadhies*' inherent advantages, such as their quick effect, low dosage, long shelf life, and palatability, have made it easier for patients and pharmaceutical company owners to comply with them. *Shodhana* and

Marana are innovative manufacturing procedure that guarantees these metals minerals are undergoing substantial alterations. The final product, which is employed in *Shodhana* and *Marana*, is responsible for action, modifying the properties of poisonous metals, making it therapeutically useful, and providing safety. It reacts with a number of organic and inorganic materials of herbal origin. Before undergoing any specific operation, all *Rasaousadhi* must first undergo the *Kharaliya* (trituration) technique.

MATERIALS AND METHODS

Materials and methods of this work include the review on the formulation, ingredients (Table no: 1 & 2) and *Rasa panchaka* of the ingredients (Table no: 3 & 4), method of preparation, preprocessing of raw drugs, and probable pharmacodynamics of the *Chukkumthippalyadi gulika*.

Table 1: Ingredients in the Formulation

Name of the drug	Scientific name	Ratio
<i>Sunti</i>	<i>Zingiber officinale</i>	1
<i>Pippali</i>	<i>Piper longum</i>	1
<i>Chenninayakam (Bolam)</i>	<i>Aloe vera</i>	1
<i>Mrigasringa</i>	Deer horn	1
<i>Vacha</i>	<i>Acorus calamus</i>	1
<i>Jeeraka</i>	<i>Cuminam cyminum</i>	1
<i>Rudraksha</i>	<i>Elaecocarpus serratus</i>	1
<i>Kiratatika</i>	<i>Swertia chirata</i>	1
<i>Rala kunduruska</i>	<i>Shorea robusta</i>	1
<i>Gowripashana</i>	Arsenic	1
<i>Karpura</i>	<i>Cinnamomum camphora</i>	1
<i>Jeernoshanam</i>	Old <i>Piper cubeba</i>	1
<i>Gandhamarjaraveeryam</i> ^[6]	Civet	1
<i>Shudha Manasila</i>	Realgar	1
<i>Shudha Thutham</i>	Blue Vitriol	1

Table 2: Bhavana dravyas

<i>Stanya</i>	Breast milk
<i>Indralatha</i>	<i>Cardiospermum helicacabum</i>
<i>Ajaji</i>	<i>Trachyspermum ammi</i>

Table 3: Rasapanchaka of Ingredients

Name of Drug	Rasa	Guna	Veerya	Vipaka
<i>Sunti</i> ⁷	<i>Katu</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>
<i>Pippali</i>	<i>Madhura, Katu, Tikta</i>	<i>Laghu, Snigdha</i>	<i>Anushna asita</i>	<i>Madhura</i>
<i>Chenninayakam (bolam)</i>	<i>Katu, Tikta</i>	<i>Guru, Snigdha, Pichila</i>	<i>Seetha</i>	<i>Katu</i>
<i>Mrigasringa</i>	<i>Madhura, Kashaya</i>	<i>Snigdha, Guru</i>	<i>Ushna</i>	<i>Madhura</i>
<i>Vacha</i>	<i>Tikta, Katu</i>	<i>Laghu, Teekshna</i>	<i>Ushna</i>	<i>Katu</i>
<i>Jeeraka</i>	<i>Katu</i>	<i>Laghu, Ruksha, Teekshna</i>	<i>Ushna</i>	<i>Katu</i>
<i>Raala</i>	<i>Tikta, Kashaya</i>	<i>Guru, Snigdha</i>	<i>Seetha</i>	<i>Katu</i>
<i>Rudraksha</i> ^[8]	<i>Madhura</i>	<i>Snigdha, Stula</i>	<i>Ushna</i>	<i>Madhura</i>
<i>Jeernoshana</i> ^[9]	<i>Katu, Tikta</i>	<i>Laghu, Teekshna</i>	<i>Ushna</i>	<i>Katu</i>
<i>Gandhamarjara veerya</i> ¹⁰	<i>Katu, Tikta</i>	<i>Laghu, Teekshna</i>	<i>Seetha</i>	<i>Katu</i>

<i>Kiratathikta</i>	<i>Tikta</i>	<i>Laghu, Ruksha</i>	<i>Seetha</i>	<i>Katu</i>
<i>Karpura</i>	<i>Katu, Tikta, Madhura</i>	<i>Raghu, Ruksha, Teekshna</i>	<i>Seetha</i>	<i>Katu</i>
<i>Shudha Manashila</i> ^[11]	<i>Katu, Tikta</i>	<i>Guru, Snigdha</i>	<i>Ushna</i>	<i>Katu</i>
<i>Shudha Tutham</i> ^[12]	<i>Kashaya, Katu, Kshara</i>	<i>Laghu, Lekhanam, Bhedanam</i>	<i>Seetha</i>	<i>Katu</i>
<i>Shudha Gowripashanam</i> ^[13]		<i>Snigdham</i>	<i>Ushna</i>	

Table 4: Dosha Karma and Karma of Ingredients

Sunti	<i>Kaphavatasamanam, Hridya, Pachana, Deepana, Vatanulomana, Svasahara</i>
Pippali	<i>Kaphavatasamanam, Deepana Hridya, Vajikarana, Rasayana, Svasahara, Jvaraharakustahara, Pramehahara, Krimihara</i>
Chenninayaka	<i>Kaphahara, Rechaka, Chaksushya</i>
Sringa ^[14]	<i>kaphasamana with suitable Anupana beneficial in Hridruja, Svasa, Kasa, Lalameha, Astisrava, Swethapradara, Asrigdhara</i>
Vacha	<i>Vatakaphasamana, Soolagnam, Medhya, Deepana, Kantya, Bhedi, Shakritmutrasodhaka, Vamaka, Apaumarahara, Unmadahara</i>
Jeerakam	<i>Kaphavatasamanam, Agnimandhyahara, Krimihara, Kustahara Vishahara</i>
Rudraksha	<i>Kaphavatahara, Medhya, Jivaniya, Hridya, Saumanasyakara, Krimihara</i>
Raala	<i>tridosahara, Bhagnahara, Kustahara, Pramehahara, Dagdha, Kanduhara, Krimihara, Vishahara, Rakthapithahara, Atisaranasana</i>
Kirathathikta	<i>Sannipatha, Jwarahara, Krimihara, Pramehahara, Svasahara, Sophahara, Kustahara, Krimihara</i>
Karpura	<i>Paachana, Hridya, Aajikarana, Mukhashodhaka</i>
Jeernoshana	<i>Kaphavatahara, Deepana, Pachana, Ruchya, Vastisudhikara, Mukhasodhaka, Vajikarana</i>
Gandhamarjara virya	<i>Vatakaphahara, Chakshushya, Vrishya, Sugandhi, Uthejaka, Kandughna, Swedadourgandhyahara</i>
Manashila	<i>kaphahara, Sarvarasayanaagrya, Satvatmika cures Bhuta, Visha, Agnimandhyahara, Kanduhara, Kasahara, Kshayahara</i>
Thutham	<i>Kaphapithahara, Vishahara, Asmarinashanam, Kustahara, Kandugnam</i>
Gowripashana	<i>Kaphavatahara, Vrischikavishasamanam, Parama daaruna swasam. All types of kusta, Sleepadajanyajwara Phirangarogahara, Vishamajwarahara, Daruna prathamaka swasa Hridsula hrididourbalyam</i>
Mayura Thutha	<i>Kaphapithahara, Visahara, Hridrogahara, Shoolahara, Arsorogahara, Kustahara, Amlapithahara, Vibandhahara, Rasayana, Vamana, Garahara Swithrapaha</i>

Method of Preparation

Method of preparation include collection of raw drugs, processing of drugs, and preparation of the final *Gutika*. Pre-procedure include *Bhaskarikarana* of *Mrigasringa*, *Sodhana* of *Gowripashana*, *Thutha* and *Manashila*.

Bhaskarikarana of Mrigasringam^[15]

1. *Sringa* is broken and torn into small pieces, transferred to a wide mouthed mud pot filled with *Kumari swarasa* and subjected to fire. Once the *Swarasa* gets dried and *Sringa* turns to *Mashi* like form, it is taken off from fire. On attaining *Swangaseethatha* it is taken out and powdered this is again done *Bhavana* with *Kumari swarasa* and *Chakrikas* made of it and subjected to *Putra* to obtain fine powder of *Mrigasringam*.

2. Sodhana of Gowripashana^[16]

Sphatikabha, Shakhabha, Haridraba are 3 varieties. Among this *Shankhabha* is the variety used

for preparing tablets. *Gowripashana* is broken to small pieces and made to fill inside bittergourd covered, buried inside ash & burned for 8 *Yaama*. Once it is cooled *Bhavana* and *Swedana* is done in *Marichakashaya*. *Bhavana* can also be done in *Jambeera*, lime water, *Dhanyamla* each one *Yaama*.

3. Sodhana of Thutha^[17]

Few methods of *Thutha sodhana* include

1. *Mayurathutha* immersed in *Navaneetha* for 2 days which is washed and dried.
2. *Bhavana* in *Dadhi* or *Kumariswarasa* for 1 day
3. *Bhavana* in *Naramootra* for 7 *Yaama*

4. Sodhana of Manashila^[18]

Manashila is one among the *Uparasa rasa*. If it not undergone proper *Shodhana* for therapeutic purposes, leads to *Agnimandhya, Mutrakrichra, Asmari, Balakshaya, Krimiroga, Daaha*.

Shodhana methods include

Manashila is undergone *Swedana* in *Agastyapatraswrasa* by *Dolayantra* method for 1 *Yaama*, later *Manashila* is taken and washed in *Aaranala*. This procedure is repeated for 3 times. Each time new *Swarasa* added. After completion of the process *Manashila* is immersed in *Agastyapatra swarasa* overnight, which is taken out and dried under sunlight. This process is repeated for 7 times.

Preparation of chukkumthippalyadi gulika

All the ingredients are washed, dried and finely powdered. Equal amount of fine powders of *Sunti*, *Pippali*, *Chenninayaka (Bolam)*, *Mrigashringa*, *Vacha*, *Jeeraka*, *Rudraksha*, *Kirathathiktha*, *Kunduraska*, *Gandhamaarjaraveerya*, *Sodhithagowripashana*, *Jeernoshanam*, *Karpura*, *Shodhitha Manashila Bhavana*. In *Stanya*, *Indralatha Rasa & Ajaji Kashaya* done for 2 *Yaama* each. *Bhavana* is continued till pill rolling consistency is obtained *Gutika* of *Gunja* (125mg) *Pramana* made out of it and dried in shade.

Practical Aspects Related to Preparation

- *Karpura* and *Ganghamarjaraveeyra* are *Sugandha dravyas* and advised to be added last.

Probable Pharmacodynamics of Chukkumthippalyadi Gutika

- As a substitute to *Stanya*, *Ajaksheera* can be added as *Bhavana drava*.
- *Rudraksha* is not powdered with other drugs. It is usually added after rubbing on a surface by addition of *Jeeraka kashaya* and added in the formulation.
- Most suitable method of adding *Mrigashringa* is by converting it into *Bhasma* form.

Samprapthi and Jwara prabhava of Jwara

The main symptoms of *Jwara* include *Santapa*, *Aruchi*, *Thrishna*, *Angamarda* and *Hridayadha*. *Santhapa*, *Aruchi*, *Trishna*, *Angamarda*, *Hridayadha*. The aggravated *Doshas vata*, *Pitta* and *Kapha* either individually or in combination of two (*Samsrutha*) or All the 3 *Doshas (Sannipatha)* spread through the *Rasadhatu* and dislodge the *Jataragni* from its own place. Being supplemented with their own heat and heat of *Jataragni*, the heat of body get increased. Due to this the body channels (*Srotas*) get obstructed by the imbalanced *Doshas*. This leads to further increase in the internal temperature. Thus *Jwara* manifests with increase in body temperature as its unique sign.

Table 5: Study of Rasa in Combination

Rasa	No of drugs	Percentage
Madhura	3/15	20%
Amla	0/15	0%
Lavana	0/15	0%
Katu	10/15	66.66%
Tikta	9/15	60%
Kashaya	2/15	13.33%

Table 6: Study of Guna in combination

Guna	No of drugs	Percentage
Laghu	8/15	53.33%
Guru	3/15	20%
Snigdha	7/15	46.66%
Rooksha	3/15	20%
Teekshna	5/15	33.33%
Pichila	1/15	6.66%

Table 7: Study of Veerya in combination

Veerya	No of dugns	percentage
Ushna	9/15	60%
Seetha	4/15	26.66%
Anushnaseetha	1/15	6.66%

Table 8: Study of Vipaka in combination

Vipaka	No of drugs	percentage
Madhura	3/15	20%
Katu	12/15	80%

Table 9: Study of Doshakarma in combination

Doshakarma	No of drugs	percentage
<i>Vatakaphahara</i>	1/15	6.66%
<i>Kaphavatahara</i>	10/15	66.66%
<i>Vatapithahara</i>	0/15	
<i>Pithakaphahara</i>	0/15	
<i>Kaphapthahara</i>	1/15	6.66%
<i>Kaphahara</i>	2/15	13.33%
<i>Tridoshahara</i>	1/15	6.66%

Table 10: Study of karma in combination

Karma	No of drugs	Percentage
<i>Pachanam</i>	7/15	46.66%
<i>Deepanam</i>	3/15	20%
<i>Jwarahara</i>	10/15	66.6%
<i>Krimihara</i>	8/15	53.33%
<i>Swasahara</i>	8/15	53.33%
<i>Hridyam</i>	5/15	33.33%
<i>Rasayanam</i>	5/15	33.33%
<i>Soolaharam</i>	9/15	60%

DISCUSSION

A formulation's distinctive action is either caused by *Avayavaprabhava* or *Samudayaprabhava*. *Samudayaprabhava* prevails over *Avayavaprabhava* in between the two. As a result, an *Oushadhayoga's* action is the sum of each medicine's effects. Observing closely to all ingredient 66.66% *Dravyas* are *Katu rasa* 60% *Tikta rasa* 53.33% *Dravyas* have *Laghu guna* 46.66% *Snigdha guna*, 66.6% *Dravyas* have *Jwaragna karma*, 60% *Soolahara*, 53.33% *Krimihara* and *Swasahara* 33.33% are *Hridya* and *Rasayanika karma* suggesting that it mostly contains *Jwarahara*, *Dipan*, *Pachan* and *Agnivardhan dravyas*, collectively they mainly act on *Rasavaha*, *Annvaha* and *Manovaha strotasa* so by this we can infer that *Chukkumthippalyadi gulika* is *Tridoshahara*, in the process of digestion it subsides all the three *Doshas* which are responsible for *Jwara*, especially in *Amashaya* which is the *Udbhava sthana* of *Jwara* so this can be used in *Tridoshaja jwara*. *Acharya charaka* while explaining line of *Dosha* tackling in *Jwara* advices to conquer *Kapha* first, *Pitta* in second order and *vata* at last, of action on *Jwara roopa*. *Chukkumthippalyadi* works on the same principle as the *Laghu ruksha*, *Teeksha* are predominant *Guna* of the ingredients.

A significant *Rasayana Dravya*, *Manashila* is frequently used to treat illnesses including *Shwasa-Kasa*, *Agnimandya*, *Kshaya*, *Anaha*, *Jwara*, *Krimi*, *Visharoga*, and *Raktavikara*. It has sedative, anti-inflammatory, and antipyretic effects.

Rasatarangini mentions the dose of *Gouripashana*, which is extremely toxic and lethal, as being 1/120th to 1/130th *Ratti*. However, as this dose is

difficult to estimate for administration, he also provided the reference 1/10th to 1/3rd of a *Sarshapa* is mentioned. Since 1 *Ratti* administration at once is fatal, addition of another drug to increase the bulk of the medicine is necessary. *Gowripashana* is an excellent drug in curing, *Parama daaruna swasam Vishamajwarah*, *Daruna prathamaka swasa*.

Mrigasringa is a *Jangama dravya* with *Deepana*, *Soolahara svasakasahara* property hence an ideal drug of choice with *Kasa swasa anubandha jwara*. *Karpoor* is a superior *Vedanasthapana dravya* with *Medhya* property and *Durgandyanasaka*. One of the greatest medications for *Aampachan* is *Sunthi*. It has antibacterial and antipyretic qualities. When used as an adjuvant to more potent febrifuge drugs, *Jeernoshana* is quite valuable in treating fever. It has a stimulating effect on the digestive system as a whole. *Pippali* functions as a *Rasayana*, or revitalizer. Due to its *Jwarghna* and antimalarial properties, it has excellent results in treating intermittent fever and splenomegaly. Drugs of a *Medhya* character, such as *Rudraksha*, *Karpoora*, and *Pippali*, also lessen *Manasantapa*. This formulation is made more efficient and quick-acting by the repeated *Bhavana* (lavigation) of the ingredients with three distinct media. By considering all of these factors, we can conclude that *Chukkumthippalyadi Gutika* is one of the greatest drugs to treat *Jwara*.

CONCLUSION

The literature makes it apparent that *Chukkumthippalyadi gulika* is an emergency medication, and it is anticipated that its ingredients

will include *Jwaraghna Agnideepan*, *Amapachan*, *Shrotoshodhaka*, *Hridya*, *Rasayana*, *Swedajanana* and *Shoolprashmana*. In addition to the *Jwaraghna* property (antipyretic), these characteristics help to cause sweating, reduce pyrexia and pain. It also has antimicrobial capabilities. When performed as *Bhavana* in the recommended media and used with the appropriate *Anupanas*, *Chukkumthippalyadi gulika* has multidimensional, broad-spectrum therapeutic activity. The accumulated knowledge on the therapeutic, pharmacological, and medicinal uses of *Chukkumthippalyadi gulika* and its component medications has been described in this review.

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