

Therapeutic Uses Of Gandhak Druti- A Review Article

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Abstract

Gandhaka is a Rasa-dravya that is commonly used in Ayurvedic practice. One of the most unique dosage forms involving Gandhaka is "Gandhaka-druti," which is a herbo-mineral formulation with an oil base indicated in various diseases. Despite its applicability in different diseases and promising results with minimum dose, the various methods of its preparation and entirety of its indication need to be explored. The present study is an effort to compile different textual references related to the formulation pertaining to its preparation and applicability beyond skin diseases along with recent research updates in order to pave way for the Ayurvedic fraternity to make utmost use of this wonder drug. Through thorough review, 13 different varieties of Gandhaka druti was obtained from different literature and also 8 different studies related to this. Most of the study was based on the popular method and other indications are still unexplored. Furthermore, research based on various indications are required in Ayurveda. The present study has reviewed the scope from the classical texts to emphasize the application of Gandhaka druti in various conditions rather than the skin disorders. This formulation is considered important in treating various diseases, including skin disorders, respiratory problems, and digestive issues. Gandhak Druti is believed to possess anti-inflammatory, antibacterial, and antifungal properties.

Introduction

Druti Kalpana turns hard, dense metals and minerals into a liquefied state

when heated to a high temperature. Properties of these processes include *Drutatvam*

(liquefied state), *Tejastvam* (lustrous), *Laghuta* (lightness), *Nirlepatvam* (nonstickiness), and *Drutam Yogasca sutena* (mixes quickly with mercury)(1). Gandhaka Druti is a unique herbo-mineral formulation with many uses. *Kshudra Kushta*, a form of skin disease, and other skin conditions are treated with well-known Ayurvedic drugs, Gandhaka (sulphur) and its different preparations, especially Gandhaka Druti and Gandhaka Taila.

Gandhaka Druti has various references in classics such as *Rasa Ratna Samuchchaya*, *Rasa Tarangini*, *Rasendra Chintamani*, *Rasa Yoga Sagara*, and *Ayurveda Prakasha*. These include indications for conditions like *Kasa* (respiratory problems), *Pandu* (anaemia), *Pama* (scabies), *Vicharchika* (eczema), *Vipakva Karna Nadi* (otitis), *Amavata* (rheumatoid arthritis), *Kshudra Kushta* (skin diseases), and *Rasayana* (rejuvenation). Certain preparations are identical and are referred to as Gandhaka Taila rather than Gandhaka Druti.(2)

Diseases Treated with *Gandhak Druti*

Skin Disorders:

- Acne: *Gandhak Druti's* antibacterial and anti-inflammatory properties may help reduce acne severity.
- Psoriasis: Its anti-inflammatory properties may help alleviate psoriasis symptoms.

Respiratory Problems: *Gandhak Druti's* expectorant properties may help relieve respiratory issues such as bronchitis and asthma.

Digestive Issues: Its antibacterial and anti-inflammatory properties may help treat digestive disorders.

Fissure in ano^[3] i.e. Parikartika^[4] is linear tear in anal outer canal with the prominent symptoms like pain during defecation along with occasional bleeding. In chronic condition, it represents mostly indurated fissure bed with sentinel tag outside and hypertrophoid papilla inside the anal canal. In this case, patient had infection of verucca vulgaris at anoderm. In Ayurveda, it is described as vaman and virechan vyapada.⁽⁵⁾

Table no.1-Gandhak Dhruti and its ingredients.⁽⁶⁾

Table no.2- Gandhak Druti and its medicinal uses⁽⁷⁾

CONTENT	RASA	VIRYA	VIPAKA	USES
<i>Sudhha Gandhak</i>	<i>Katu, Tikta, Kashaya</i>	<i>Ushna</i>	<i>Katu</i>	<i>Rasayan, Krimighna, Kushtagna, Vranasodhana, Shothahara</i>
<i>Sunthi</i>	<i>Katu</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Dipana, Pachana, Vata-Kaphahara, Shulahara, aamapachak</i>
<i>Maricha</i>	<i>Katu</i>	<i>Ushna</i>	<i>Katu</i>	<i>Dipana, Pachana, Shulahara, Swasa-Kasahara</i>
<i>Pippali</i>	<i>Katu</i>	<i>Anushna</i>	<i>Madhura</i>	<i>Rasayana, Vata-Kaphahara, Swasa-Kasahara, Agnivardhaka, Ruchikara</i>
<i>Tila Taila</i>	<i>Katu, Tikta, Kashaya</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Vatahara, Balya, Vrsya, Vajikaran, Vrana-ropaka, Snehana, Keshya</i>
Clinical Feature		Medicinal uses		
1. Pain		Significant symptom in fissure in ano, managed effectively by <i>Gandhak Druti</i> 's analgesic properties.		
2. Bleeding		Effective management of bleeding leads to a better prognosis and aids in the healing process of the wound.		
3. Kandu or Itching		It is one of the key symptoms assessed in the study to evaluate the effectiveness of <i>Gandhak Druti</i> . Reduction in Kandu represents a positive outcome of the treatment, contributing to a patient's overall comfort.		
4. Vrana		Wound or sore, specifically non-healing wounds, managed by <i>Gandhak Druti</i> . Ayurvedic management, as specific treatments can be aligned with enhancing healing and preventing infection.		
5. Lekhana		Lekhana translates to scraping or removing excess tissue, particularly in wound management. The study highlights <i>Gandhak Druti</i> 's Lekhana properties in promoting healing by eliminating slough and facilitating a healthy healing environment		
6. Vata		The study emphasizes addressing Vata in patients suffering from fissure in ano, where an excess leads to complications like pain and delayed healing. The use of <i>Gandhak Druti</i> aims to balance Vata, facilitating recovery		
7. Post surgical wound		The study focuses on the postoperative application of <i>Gandhak Druti</i> to address issues arising after fissure surgery, highlighting approaches to enhance recovery through Ayurveda during this critical period.		
8. Kapha		The study addresses the role of Kapha in wound healing, where an imbalance may contribute to complications. The application of <i>Gandhak Druti</i> aims to pacify Kapha, promoting a balanced state conducive to recovery.		
9. Vranashodhana		<i>Gandhak Druti</i> can embody these principles to promote healing, emphasizing its application in effectively managing infected or chronic wounds that pose challenges in recovery.		

10. Parikartika	Fissure or tear in the anal region, treated by <i>Gandhak Druti</i> . Understanding <i>Parikartika</i> helps in identifying appropriate Ayurvedic interventions to promote healing and address the pain associated with this specific ailment.
11. Ropana	The study assesses the <i>Ropana</i> properties of <i>Gandhak Druti</i> in facilitating wound recovery. Understanding <i>Ropana</i> actions is paramount for developing effective treatments targeting non-healing wounds and promoting overall health restoration.
12. Kshudra	The effects of <i>Gandhak Druti</i> on <i>Kshudra</i> wounds illustrate the formulation's versatility and ability to address both major and minor health issues effectively.
13. Kushtha	Skin diseases or disorders, potentially managed by <i>Gandhak Druti</i> .

Discussion-

S. No.	Samhita	References	Uses
1	Bharat Bhaishajya Ratnakar	Vol II, Gakaradianjan Prakaran, p. 22–24, 75–94	Netra roga, Vran, Pilla, Kach, Kukunak, Dadru, Kitibha, Pama, Kushtha, Varna, Vicharchika (8)
2	Rasamanjiri	Adhyaya 3, p. 30–32	Agnisandipan, Viryavruddhi (9)
3	Rasatarangini	Adhyaya 8, p. 174–187 (Pranacharya Sadanand Sharma; Pt. Kashinath Shastri)	Shwas-Kasa hara, Balya, Kshaya, Shool, Shosh, Purusho vrudhhoapi tarunayate (10)
4	Rasahruday Tantra	Adhyaya 5, p. 74–101 (Acharya Daulatram Shastri)	Shool hara, Kasa, Shwas (11)
5	Rasa Ratna Samuchchaya	Multiple refs: Ch. 3 (p. 235, 42–43), Ch. 8/84 (p. 144), Ch. 3/30 (p. 64), Ch. 23/38–42, 43 (p. 482)	Dipanam, Tivra Kshaya, Pandu, Kasa, Shwas, Shool, Grahani Atidurgharam, Aama Vinashayat, Laghutvam karoti, Kushtha Nashan, Pama, Kandu (12–15)
6	Textbook of Rasashastra (The Mercurial System)	P. Himsagara Chandra Murthy, Ch. 7, p. 252–254	Dipanam, Tivra Kshaya, Aama Nashan, Shwas (16)
7	A Textbook of Rasashastra	Dr. Ravindra Angadi, Ch. 6, p. 236–237	Aama Vinashan, Pandu, Kasa (17)
8	Rasendra Chudamani	Adhyaya 11, p. 173–175 (Acharya Siddhinandan Mishra)	Laghutvam, Aama Vinashan, Pama, Kandu, Kushtha hara prayog (18)

9	Rasendra Chintamani	Adhyaya 5, p. 65–67	Grahya Yogeshu Yojayet (19)
10	Rasaprakash Sudhakar	Adhyaya 6, p. 119–123	Kshaya, Pandu, Asadhya Grahani, Shoolroga, Shwas, Kasa, Aamajirna (20)
11	Rasendra Sara Sangraha	Adhyaya 5, p. 32–35	Virya Vardhak, Kruminashak (21)
12	Ayurvediya Rasashastra	Dr. Rajendra Prasad Sharma, p. 239–240	Pandu, Kasa, Aama Vinashyat, Shwas, Shool (22)
13	Rasa Yoga Sagara	Vol I, p. 360–361 (Krishnadas Academy, 1999)	Varna, Agnideepan, Shool, Pandu, Aama Nashak, Bala Vardhak, Shwas, Kasa, Vali-Palit Nashak, Tridosha Nashak, Kushtha, Vicharchika (23–24)
14	Bruhat Rasaraja Sundar	P. Dattaram Chowbe, p. 55–56	Kushtha, Shwas, Kasa, Shool, Aam Vikar (25)

Gandhak Druti is a valuable formulation in Ayurvedic medicine, offering a range of therapeutic benefits. Its preparation through sublimation ensures purification and enhances its medicinal properties. Further research is needed to fully explore its potential in treating various diseases. *Gandhak Druti*'s significance in Ayurvedic medicine is evident from its mention in classical Ayurvedic books and research articles. Method of Action The therapeutic qualities of *Gandhak Druti* are linked to its ability to treat vitiated Vata and Kapha doshas, which were linked to the patient's persistent ailments. The formulation facilitates wound desloughing and healing by establishing a physical barrier that reduces irritation and the lesion's exposure to acidic fecal contents. Furthermore, the antibacterial properties of sulfur in *Gandhak* promote the formation of granulation tissue and help

localize infections, both of which are essential for wound healing.

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13) Kaviraj Ambikadatta shastri; Rasaratnasamuchchaya chauhamba Amarbharti prakashan; varanasi; 9th Edition; reprint 2010; chapter 8/84; 144.

14) Kaviraj Ambikadatta shastri; Rasaratnasamuchchaya chauhamba Amarbharti prakashan; varanasi; 9th Edition; reprint 2010; chapter 3/30; 62.

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