



## Guggal- A Medicinal Plant

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**G**uggal plant, also known as Commiphora wightii or Indian bdelliums, is a small shrub native to India, Bangladesh, and Pakistan. It belongs to the Burseraceae family and is commonly found in arid and semi-arid regions.

- ❖ The plant has a short, thorny stem with small leaves and produces yellowish flowers. It is primarily cultivated for its resin, which is extracted from the bark.
- ❖ The resin is collected by making incisions in the bark, allowing it to ooze out and harden into a gum-like substance. This resin is then processed and used for various medicinal purposes.
- ❖ In traditional Ayurvedic medicine, guggal has been revered for its therapeutic properties and has been used for centuries to treat a wide range of ailments.
- ❖ It is believed to have a heating effect on the body and is classified as a "rasayana," which means it rejuvenates and revitalizes the body.
- ❖ Guggal is available in various forms, including resin, powder, capsules, and tablets. It can be consumed orally or applied topically, depending on the intended use.
- ❖ The resin can have a strong, bitter taste, so it is often encapsulated or mixed with other herbs to make it more palatable.
- ❖ While the guggal plant has a rich history in traditional medicine, it is important to approach its use with caution. Scientific research is ongoing to understand its mechanisms of action, potential side effects, and interactions with medications. As with any herbal remedy, it is advisable to consult with a healthcare professional before incorporating guggal into your healthcare regimen.
- ❖ The Commiphora wightii or guggulu is distributed in the Rocky tracks of Gujarat, Rajasthan and Mysore in India. Sindh and Baluchistan of Pakistan. Earlier this plant grew abundant in Gujarat and Rajasthan but now days mainly developed in kachchh and Saurashtra of Gujarat.

### Morphology of Guggal Plant

The guggal plant, also known as Commiphora wightii or Indian bdellium, is a small shrub that belongs to the Burseraceae family. It is native to arid regions of India, Pakistan, and Bangladesh. Here are some details about the morphology of the guggal plant:

**1. Size and Growth:** Guggal plants typically grow up to 2 meters in height, but they can vary depending on environmental conditions. They have a bushy appearance with multiple branches.

**2. Leaves:** The leaves of the guggal plant are compound and alternate. Each leaf is made up of several small leaflets, usually ranging from 3 to 5 leaflets per leaf. The leaflets are oval-shaped and have a smooth texture.



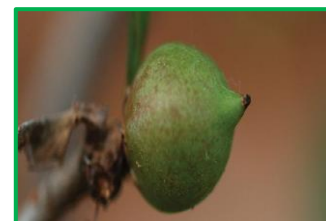
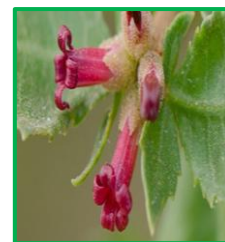
**3. Bark:** The bark of the guggal plant is rough and greyish in color. It has a cracked or scaly appearance.

**4. Flowers:** Guggal plants produce small, greenish-white flowers that are arranged in clusters or spikes. The flowers are often inconspicuous and not highly showy.

**5. Fruits:** After pollination, the guggal plant develops small, round fruits that are about the size of a pea. These fruits are initially green but turn reddish-brown as they mature.

**6. Resin:** One of the most notable features of the guggal plant is its resin, which is extracted from the bark. The resin is yellowish-brown and has a distinct aromatic smell. It has been used in traditional Ayurveda medicine for various purposes.

It's worth noting that the morphology of plants can vary slightly depending on factors such as geographical location and growing conditions.



### Traditional use and Benefits of Guggal plant

The guggal plant has been used in traditional Ayurveda medicine for centuries. The resin extracted from the plant's bark, known as guggul or guggulu, is highly valued for its medicinal properties. Here are some traditional uses of the guggal plant:

- ❖ **Anti-inflammatory:** Guggul has potent anti-inflammatory properties and is often used to treat conditions such as arthritis, rheumatism, and gout.
- ❖ **Cholesterol-lowering:** Guggul has been found to reduce cholesterol levels in the body by inhibiting the synthesis of cholesterol in the liver. It is commonly used as a natural remedy for high cholesterol.
- ❖ **Weight loss:** Guggul is believed to have thermogenic properties, meaning it can increase metabolism and promote fat burning. It is often included in weight loss supplements and herbal formulations.
- ❖ **Thyroid support:** Guggul is known to stimulate the thyroid gland and improve thyroid function. It is used in the treatment of hypothyroidism and other thyroid disorders.
- ❖ **Skin health:** Guggul has antimicrobial and anti-inflammatory properties that make it effective in treating various skin conditions, including acne, eczema, and psoriasis.
- ❖ **Digestive health:** Guggul is used to improve digestion and relieve digestive disorders such as indigestion, bloating, and constipation.
- ❖ **Oral health:** Guggul is believed to have antimicrobial properties that can help prevent oral infections and promote oral health.

It's important to note that while the guggal plant has a long history of traditional use, scientific research is still ongoing to validate its effectiveness and determine appropriate dosage and safety guidelines.

### Guggal has various internal and external uses

- ❖ Internally, guggal can be consumed in the form of guggul powder. This powder can be taken with water, milk, ghee, honey, or a carrier substance. Additionally, guggal can be found in blends with other herbs, providing a convenient way to take it, especially for those who travel frequently or find the taste of guggal unpleasant.
- ❖ Externally, guggal can be used in balms such as Joint Balm, which is designed to support joint health, or Trim Balm, which promotes healthy circulation, lymphatic flow, and weight management. Guggal can also be applied as a paste on the skin to promote healthy skin, joint movement, and tissue detoxification. Furthermore, it can be gargled or held in the mouth and then spit out to support oral health, including oral mucous membranes, teeth, and gums.