Ayurvedic guggulu formulations – A support therapy to physiotherapy in treating neurological disorders

Mehul Raval
Consultant Physiotherapist, India

Ayurveda is an ancient system medicine from India. There are various time tested formulations in Ayurveda, which are extremely useful in treating neuropsychological disorders. There are six types of treatments offered by Ayurveda of which we discuss Rasayana here as support therapy. It works along with physiotherapy in treating neurological disorders. Rasayana helps in promoting strength and vitality, in general it promotes general wellness and optimises senses. One of the major benefits of Rasayana is that it treats wear and tear of the body and helps rebuilding it. Paralysis, Hemiplegia, Parkinson’s, Alzheimer’s, Stroke are most commonly treated besides various motor neuron diseases, inter-vertebral disc prolapse, facial paralysis, polyneuropathy and many such conditions can be treated with various Guggulu Rasayanas. Guggul, or Bdellium is a gum resin, produced by the stem of a small shrub (Commiphora wightii). It was found in dry/arid forests of India. There are various forms of each of above herbs; for example Guggulu to be Trayodashng Guggulu, Yograj Guggulu, Maharasanadi Guggulu, Punarnavadi Guggulu. This rasayana in combination with other herbs helps strengthening nerves, bones, joints, muscles and ligaments. Though Ayurveda is a person specific therapy, Guggulu formulation being administered over 1000s of years can be generalized; above Ayurvedic formulations of Guggulu has helped treating conditions giving an alternate support to the patients. The paper describes various formulations of Guggulu and other herbs. It discusses in detail, the effects thereof to the patients. It concludes saying neurological conditions can be treated with the help of Guggulu Rasayan.

Biography

Mehul Raval holds Physiotherapy degree from Himalaya University. Besides, he also holds Diploma in Homeopathy and Panchkarma, and Yoga. He has keen interest in Ayurvedic formulations. He is a Consultant Physiotherapist as well as a Panchkarma practitioner. He has delivered many talks and lectures on above subjects. He has also lead students to take up various challenging practicums in Ayurvedic formulations.

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