

# AYURVEDIC GUGGULU FORMULATIONS: AS SUPPORT THERAPY TO PHYSIOTHERAPY IN TREATING NERVOLOGICAL DISORDERS

**Mehul Raval**

Ahmedabad University, India

Ayurveda is an ancient system of medicine, evolved in India. There are various time tested formulations in Ayurveda which are extremely useful in treating neurological disorders. There are six types of treatments offered by Ayurveda of which we discuss *rasayana* here as support therapy. It works along 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 benefit of *rasayana* is that it treats wear and tear of the body and help rebuilding it. Paralysis, hemiplegia, Parkinsons, Alzheimers, stroke are most commonly seen 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 is found in dry/arid forests of India. There are various forms of each herbs; for example *guggulu* to be *Trayodashng guggulu*, *Yograj guggulu*, *Maharasanadi guggulu*, *Punarnavadi guggulu*. These *rasayana* in combination with other herbs helps strengthening nerves, bones, joints, muscles and ligaments. Though Ayurveda is person specific therapy, *guggulu* formulation being administered over 1000s of years can be generalized; above Ayurvedic formulations of *guggulu* has helped in treating above conditions giving an alternate support to the patients. The paper describes various formulations of *guggulu* and other herbs. It discusses in detail, their effects on the the patients. It concludes saying neurological conditions can be treated with help of *guggulu rasayan*.

mehulravaldr@gmail.com