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GALAGANDAGHNA RASA: A COMPREHENSIVE REVIEW ON ITS CLASSICAL RELEVANCE AND THERAPEUTIC POTENTIALS

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ABSTRACT

Galagandāghna Rasa[1] is a classical Rasauṣadhi *described in* Rasendra Sambhava *by Vaidya Vishwanath Dwivedi and is traditionally indicated in pathological conditions characterized by abnormal glandular enlargements, including Gandamālā, Granthi,*Apachi*, and* Arbuda*. The formulation is composed of RasaSindūra (1 Pala), Triphalā (3 Pala), Trikatu (6 Pala), and Shuddha Guggulu in an amount equal to the total weight of the above ingredients (10 Pala). The blended mixture undergoes seven days of Mardana with* Kañchanāra Twak Kaṣāya *as the* Bhavana Dravya*.*

The pharmacological properties attributed to this formulation Kaphahara, Medoghna, Lekhana, Śothahara, and Srotoshodhaka justify its therapeutic utility in reducing glandular swelling and regulating deranged metabolic processes. In contemporary clinical correlation, the condition described in classical texts resembles hypothyroidism, which commonly presents with reduced tissue metabolism and compensatory glandular hypertrophy. This review consolidates the classical references, probable pharmacodynamic mechanisms, and therapeutic significance of Galagandāghna Rasa, establishing it as a potent Rasauṣadhi *for disease conditions rooted in MedoDhātuDuṣṭi, particularly* Galaganda, Gandamālā, Granthi, Apachi, *and* Arbuda.

KEYWORDS: *Galagandaghna rasa, Gandamala, Granthi, Apachi, Arbuda, RasaSindūra, Hypothyroidism, Rasendra sambava, Rasauṣadhi*

INTRODUCTION

Thyroid gland is an important part of the human endocrine system, where thyroid hormones play a major role in body's overall metabolic activity, growth and development. The decreased levels of thyroid hormones lead to *Hypothyroidism* [2]. To a certain extent, description of Galaganda and Gandamala mentioned in the different samhitas can be correlated to hypothyroidism and other thyroid conditions.

Ayurvedic literature provides scattered yet significant references that contribute to understanding the underlying pathology of neck swellings. The earliest mention appears in the *Atharva Veda*, where a cervical swelling is described under the term Apachi. *Acharya Charaka* elaborates on multiple glandular enlargements in the neck region and identifies this condition as Gandamālā, while a solitary swelling on either side of the neck is termed Galaganḍa [3]. He categorizes this disorder under *Nānātmaja Kaphaja Roga* and discusses Galaganḍa as an isolated cervical swelling in the 11th chapter of *Chikitsā Sthāna*.

According to Acharya Suśruta, aggravated *Vāta* and *Kapha Doṣas* accumulate in the *Manya Pradeśa*, combine with *Medas*, and give rise to glandular enlargements exhibiting characteristic symptoms. Acharya Vāgbhaṭa further explains that *Kapha* associated with *Pitta Duṣṭi* and the vitiation of *Vāta* due to *Mārgāvaraṇa*, along with predominant involvement of *Rasavaha*, *Medovaha*, and *Māṃsavaha Srotoduṣṭi*, can collectively manifest as Galaganḍa [4]. The clinical manifestations of hypothyroidism as described in contemporary medicine align closely with *Galaganḍa* and several other *Kaphaja Nānātmaja Vyādhis*, establishing a meaningful correlation between Ayurvedic pathology and endocrine dysfunction.

Galagandaghna Rasa is a classical *Rasauṣadhi* described in *Rasendra Sambhava*, traditionally indicated for Gandamālā, Granthi, Apachi, and Arbuda. Its nomenclature reflects its therapeutic intent: "Galagandaghna" denotes its capability to alleviate glandular swellings such as *Galaganḍa*, *Gandamālā*, *Granthi*, and *Apachi*, while "Rasa" signifies its Herbo-mine ral composition. The formulation contains Rasa Sindhura, Triphalā, Trikatu, and Shuddha Guggulu, and is triturated with Kañchanāra Twak Kaṣāya as the *Bhāvanā Dravya*. These ingredients act synergistically, exhibiting Dīpana, Kaphahara, Medoghna, Lekhana, and Srotorodhahara properties, thereby reducing glandular enlargement and correcting the underlying deranged pathology.

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MATERIALS AND METHODS

Reference of Galagandaghna rasa is mentioned in Rasa prakarana of Rasendra Sambava in Galaganda Rogadhikara.

पलमेक रसं भस्मं भागः त्रिफलयास्त्रयो ।
त्रिकटु षष्ट भागेण गुग्गुलं सर्व समं मतः ।।
कचनारं त्वचाम्बुः मर्दयेत्सप्त वासरे ।
माषिका गुटिका कृत्वा प्रभाते भक्षयेन्नरः।।
निहन्ति गंडमाले षु ग्रन्थिमपचीमर्बुदम् ।
गलगंडन्न रसोऽयं च विश्वनाथेन भाषितः॥

Table no 1. Shows Ingredients of Galagandaghna rasa with their quantity

Sl no	Ingredients	Botanical/ Chemical name	Family	Quantity
1	Rasa sindura	Mercuric sulphide (Hgs)	NA	1 Pala
2	Triphala	Haritaki- Terminalia chebula Vibhitaki-Terminalia bellerica Amalaki-Emblica officinalis	Combretaceae Combretaceae Euphorbiaceae	3 Pala
3	Trikatu	Sunthi-Zingiber officinale Maricha-Piper nigrum Pippali-Piper Longum	Scitaminae Piperaceae Piperaceae	6 Pala
4	Shuddha Guggulu	Commiphora Mukul	Burseraceae	10 Pala
5	Kañchanāra Twak Kashaya	Bauhinia purpurea	Caecalpinoideae	Q.S (For 7 times mardana)

Method of preparation

1.Mardana of Rasasindura was done in Khalwayantra and then mixed thoroughly with fine powders of Triphala and Trikatu to achieve a uniform mixture.

2.Shuddha Guggulu is softened and added to the mixture.The ingredients are then subjected to mardana to obtain a cohesive mass.

3.Later the mixture is subjected to continuous mardana for 7 days using Kanchanara Twak Kashaya as the Bhavana dravya.

4.After the material attains Subhavita laxana suitable for rolling,then the prepared mass is shaped into Gutika of 1 Masha size i.e 1 gram

5.The final product should be stored in an airtight container.

- **Matra** – 1 Masha (1000mg)
- **Anupana** - Ushna Jala or Kañchanāra Twak Kashaya to enhance therapeutic effect.
- **Sevana kala**- Pratah kala Sevana (early morning)
- **Indications** – Gandamala, Granthi, Apachi, Arbuda

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Table no 2. Shows List of Ingredients and their properties

Sl no	Name	Rasa	Guna	Virya	Vipaka	Karma
1	Rasa sindura	Shadrasa	Guru, Snigdha	Ushna	Katu	Rasāyana, Agnidīpana, Yogavāhī, Vatakaphahara, Sookshmasrotogami, Doshashoshaka
2	Haritaki	Lavanavarjita Pancharasa	Laghu, Ruksha	Ushna	Madhura	Tridoshahara, Anulomana, Rasāyana, Lekhana, Sothaghna,
3	Vibhitaki	Kasaya	Laghu, Ruksha	Ushna	Madhura	Kapha-Pittahara, bhedana
4	Amalaki	Lavanavarjita Pancharasa		Sita	Madhura	Tridoshahara, Vayasthapana, Rasāyana, shulaghna
5	Sunthi	Katu	Guru, Ruksha, Tikshna	Ushna	Madhura	Deepana, Sula Praśamana, Trishna nigrahana, Vāta kaphahara, Bhedana
6	Maricha	Katu	Laghu, Tikshna	Ushna	Katu	Kapha-Vatahara, Deepana, Sulaprashamana
7	Pippali	Katu	Laghu, Snigdha	Ushna	Madhura	Vata-Kaphahara, Deepana, Rasāyana
8	Shuddha Guggulu	Tikta, Katu	Laghu, Ruksha, visada, Sukshma, sara	Ushna	Katu	Tridoshahara, Rasāyana, Lekhana, gandamalaghna, medorogaghna, Sthoulyahara, Sothaghna

Table no 3. Shows properties of Bhavana Dravya used in the Formulation

Dravya	Rasa panchaka	Karma	Phytochemical constituents
Kañchanāra Twak	Rasa- Kashaya Guna- Laghu, ruksha, Virya – Sita Vipaka- Katu	Deepana, Kapha-Pittahara, Gandamalaghna	β-sitosterol, lupeol, kaempferol 3-glucoside etc.

Probable mode of action

Galagandāghna Rasa is a classical *Rasauṣadhi* described in *Rasa Sastra*, formulated with potent ingredients such as Rasa Sindura, Triphalā, Trikatu, Shuddha Guggulu, and Kañchanāra Twak Kaṣāya as the *Bhāvanā Dravya*. The formulation exhibits predominant Dīpana, Lekhana, Vāta-Kaphahara, Srotoshodhaka, and Śothaghna actions. Through these pharmacodynamic properties, it facilitates the *vighatana* (breakdown) of Doṣha–Duṣya Saṃmūrcchanā, the pathological complex observed in conditions like Gandamālā, Granthi, Apachi, and Arbuda.

Galagandāghna Rasa primarily acts by rectifying the Kapha–Meda–dominant pathogenesis of *Galaganḍa*. Its strong Agnidīpana and Āmapācana effects reduce metabolic toxins and enhance both *Jatharāgni* and *Dhatvāgni*, thereby improving systemic and tissue-level metabolism. The formulation's Srotoshodhana property promotes microcirculation, reduces channel obstruction in the cervical region, and supports proper nourishment and physiological transport—including hormonal movement. Its potent Lekhana and Medohara actions help reduce accumulated *Kapha* and *Meda* around the thyroid region, effectively decreasing glandular mass and stiffness. Additionally, the Śothahara effect alleviates local inflammation and swelling that characterize *Galaganḍa*.

Rasa Sindura[5]

RasaSindūra is endowed with potent Yogavāhī, Rasāyana, Dīpana, Ropana, Srotoshodhaka, Āmapācana**,** and Tridoṣaśāmaka properties, with particular efficacy in Kapha–Vāta–dominant disorders**.** The nano-particle size of properly prepared Rasa Sindura significantly enhances its bioavailability, enabling deep penetration into subtle *srotas*. It stimulates both Jatharāgni and Dhatvāgni, thereby improving metabolic activity (*Agnidīpana*) and reducing the Meda–Kapha accumulation implicated in *Galaganḍa*. Its strong Lekhana (scraping) action contributes to the reduction of glandular swelling, while its Ropana and Rasāyana effects support tissue repair and restoration of normal glandular function. As a potent Yogavāhī, Rasa Sindura also enhances the pharmacodynamic activity of co-administered drugs such as Triphalā, Trikatu**,** and Guggulu**,** amplifying the overall therapeutic efficacy of the formulation**.**

Triphala[6]

Triphalā possesses Tridoṣaśāmaka, Rechana, Rasāyana, Lekhana,and Srotoshodhaka properties.

Its Lekhana and Medohara actions help reduce the Meda–Kapha involvement seen in *Galaganḍa*. Triphalā enhances gastrointestinal absorption and promotes Agnivardhana**,** thereby correcting the sluggish metabolism commonly associated with hypothyroid-like conditions. By facilitating effective Āma clearance, it improves peripheral circulation and

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reduces inflammatory swelling. In addition, Triphalā exhibits significant antioxidant and immunomodulatory effects, which contribute to maintaining thyroid tissue health. Through the regulation of Pitta and enhancement of Agni, it indirectly supports more balanced hormonal functions.

Trikatu[7]

Trikatu exhibits potent Dīpana–Pācana, Srotoshodhaka**,** Kaphahara, and Yogavāhī actions, thereby significantly enhancing drug bioavailability. Its strong Āmapācana effect aids in the removal of metabolic toxins (*Āma*) that obstruct the Kapha–Meda channels, a key factor contributing to glandular enlargement in *Galagaṇḍa*. By stimulating both Jatharāgni and Dhatvāgni, Trikatu helps improve metabolic activity, which may correlate with enhanced thyroid function. Through its Srotoshodhana action, it effectively clears micro-channel obstructions in the cervical region, facilitating improved circulation and tissue perfusion. As a potent bioavailability enhancer, Trikatu increases the penetration and therapeutic efficacy of co-administered substances such as RasaSindūra and Guggulu. Its marked Kaphahara property further contributes to reducing cervical gland congestion and associated swelling.

Shuddha Guggulu [8]

Shuddha Guggulu possesses prominent Lekhana, Medohara, Śothahara, Vātānulomana, and Srotoshodhaka properties. Its Lekhana and Medohara actions aid in reducing excessive *Meda* accumulation and fatty tissue deposits in the cervical region, which are implicated in the pathogenesis of *Galagaṇḍa*. By virtue of its Śothahara effect, it helps alleviate inflammation and glandular swelling. Shuddha Guggulu enhances microcirculation due to its sookshma and sara guna**,** thereby facilitating improved hormonal transport and supporting optimal glandular function. Its lipid-modulating capability contributes to the correction of Meda dosa at the cellular level. Additionally, contemporary research suggests that Guggulu exhibits thyroid-stimulating activity, reinforcing its therapeutic relevance in conditions resembling hypothyroid states.

Kañchanāra Twak Kashaya [9]**(Bhavana Dravya)**

Bhavana with *Kañchanāra Twak Kaṣāya* for seven times markedly potentiates the therapeutic efficacy of Galagandāghna Rasa by enabling deeper impregnation of its Kapha–Meda–hara and Granthi-praśamana properties. The repeated Bhavana process enhances the formulation's Sūkṣmatā**,** Vikāsitā, and Saṁskāra-anugata guṇa, thereby improving its capacity to permeate the dense *Kapha–Meda saṅghāta* characteristic of *Galagaṇḍa*. Each cycle of Bhavana facilitates more effective absorption of the Kaṣāya–Tikta rasa and Laghu–Ruksha attributes of Kañchanāra, further strengthening the formulation's Lekhana**,** Śothahara, and Srotoshodhaka actions.

Discussion

Collectively, the formulation acts on several levels of the disease mechanism. It breaks the sequence of Agnimāndya → Āma Utpatti → Kapha–Meda Saṅcaya → Srotorodha → Granthi/Vr̥ddhi, thereby addressing both the root cause (*Mula Hetu*) and the manifested pathology (*Vyatka Avastha*). Through Āmapācana and Agnidīpana, it restores metabolic efficiency, preventing further Kapha–Meda accumulation. Its Lekhana and Medohara effects gradually reduce the size and hardness of the glandular swelling, while Śothahara and Ropana actions alleviate inflammation and promote tissue repair.

Furthermore,the Saṁyoga (combination), Samskara (processin g), and Bhāvanā (trituration) collectively enhance the formulation's Yogavāhitva, maximizing the therapeutic delivery of active principles to deeper tissues.

Thus, Galagandāghna Rasa represents a pharmacologically synergistic and pathophysiologically rational formulation for conditions resembling thyroid enlargement. By simultaneously targeting Agni**,** Āma**,** Kapha–Meda Dusti**,** Srotorodha, and Granthi-utpatti, it provides a comprehensive Ayurvedic approach to managing *Galagaṇḍa* and related cervical swellings described in the classical texts.

Āma → Kapha Vr̥ddhi → Meda Saṅghāta → Srotorodha → Śotha → Galaganda.

By improving metabolism, clearing obstructed channels, and reducing glandular congestion, the formulation effectively counteracts the Kapha–Meda-dominant pathogenesis of *Galagaṇḍa*. Modern correlations suggest that components such as Guggulu and Trikatu may beneficially influence lipid metabolism, inflammatory pathways, and basal metabolic rate, offering plausible points of alignment with the physiological disturbances seen in thyroid dysfunction. Thus, Galagandāghna Rasa emerges as a multidimensional formulation with significant therapeutic potential. This integrated mode of action not only substantiates its classical indication for *Gandamālā*, *Granthi*, and related disorders but also supports its contemporary relevance in the clinical management of thyroid enlargement and associated metabolic derangements.

CONCLUSION

Galagandāghna Rasa provides a comprehensive therapeutic approach through its combined actions of Agnidīpana, Āmapācana, Lekhana, and Śothahara. The formulation effectively targets the Kapha–Meda-dominant pathology and alleviates glandular swelling by clearing obstructed srotas. RasaSindūra enhances bioavailability and deeper tissue penetration, while Shuddha Guggulu, Triphalā, and Trikatu support metabolic correction and inflammation reduction. The seven Bhavana's of Kañchanāra Twak Kashaya significantly potentiate the overall formulation**.**

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