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## A systemic ayurvedic review on Rasadravya: Gandhaka

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### Abstract

The word Ayurveda is composed of the Sanskrit term AYU & VED which means the science of life. It is the traditional system of medicines, possessing Rasashastra & Bhaishajya Kalpana as the pharmaceutical branch of science that is ultimately meant for processing and formulating various medicaments. One such type of preponderance Rasadravya employed is named Gandhaka chemically known as Sulphur. This has been described widely since the era by various Ayurvedic clinical practitioners for therapeutic applications regarding different diseases and disorders. So, impart satisfactory field of clinical practices. This paper is an attempt to discuss the Rasadravya Gandhaka explained in Ayurvedic literature regarding its synonyms, types, Shodhana (Purification), Pharmacological properties, Grahya Swarupa, Satva, therapeutic dose, complication management, Pathya-Apathya (Importance of diets) of Gandhaka, its therapeutic uses and also about its important formulations as given in the literature of Ayurveda pharmaceutics science and also to explore its probable mode of action on disease and disorders.

**Keywords:** Ayurveda, Rasadravya, Gandhaka, Shodhana, Pathya-Apathya

### Introduction

Gandhaka (Sulphur) is described in Uprasa Varga <sup>[1]</sup>. It acts as an important ingredient for many Ayurvedic medicament preparations. In literature about Ayurveda, mythologically Gandhaka is elaborated as Devi Parvati Raja (menstrual fluid) <sup>[2]</sup>. In Ayurvedic texts, there is a description that the Gandhaka originated in Kshirsagar when Devi Parvati was playing in Kshirsagar with their friends, and her menstrual blood was discharged into the ocean. Thereafter, when the ocean was churned by demons & gods Gandhaka came out on the ocean surface with a pleasant smell that gods had designated as Gandhaka.<sup>[3-12]</sup> It is also called Ballivasa by virtue that king Balli had employed it to achieve power <sup>[13]</sup>. During the churning of the ocean, it was produced out from Balli due to the temperature generated by Vasuki Naga. The poison of Vasuki was also mixed with Gandhaka during the above incidents, and it gets turned poisonous <sup>[14]</sup>. Synonyms for Gandhaka include Gandhapashada, Sukaprichha, Sugandhaka, Saugandhika, Sulvaripu, Pamari & Navneetaka. There are varieties of Gandhaka like Rakta, Pita, Shweta, and Krishna, and sequences are indicated for Hemakriya, Rasayana, Vrnadilepa, and Sarvakarya. It possesses pharmacological properties like Rasayana, Kandu, Kustha, Visarpa, Dadru, Agnideepak, Pachana, Vishghna, and Kriminasaka. As the native form of Gandhaka contains impurities so to make it therapeutically acceptable there is a need for Shodhana. The medication of the Gandhaka regimen of Pathya and Apathya is foremost important. In a case along with all necessary measures employed during treating diseases and disorders by Gandhaka if any complication happens, there are also Ayurvedic managements detailed in the Ayurvedic literature to overcome this critical situation. Thus, Gandhaka could be employed in day-to-day clinical practice so, here is an attempt is made to have a systematic chronologically Ayurvedic review on Rasadravya Gandhaka (Sulphur) as per the description in the literature of Ayurveda Pharmaceutics Science.

### Aim

Systematic chronological Ayurvedic review on Rasadravya Gandhaka (Sulphur) mentioned in various classical treatises of Ayurveda. Detail about its Shodhana (purification) and also explore its probable mode of action on disease and disorders.

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**Objectives**

1. To detail about the classical Rasadravya Gandhaka (Sulphur) as per Ayurvedic treatise in chronological sequences.
2. To detail its Shodhana (purification) also explore its probable mode of action on various diseases and disorders.

**Materials and Methods**

Systematic Ayurvedic review on Rasadravya Gandhaka (Sulphur) regarding its synonyms, types, Shodhana, pharmacological properties, complication management, Pathy-Apathya and its therapeutic uses are detailed chronologically as per text like Dhanwantari- nighantu, Rajanighantu, Kaiyadeva- nighantu and also by Rasagrantha named as Rasarnava, Rasendrachudamadi, etc. The process of Shodhana comprises chemical as well as physical purification of the Aushadhi (drug). Each ingredient is mentioned in the below table were taken and checked for any

foreign impurities. Put Goghrita in Kadhai and heated on a gas stove. Added powder Gandhaka into melted Goghrita then Gandhaka melted and dissolved because of heating. Then a clean cloth was tied over the mouth of a vessel having lukewarm cow's milk. Melted Gandhaka with cow's Ghrita was poured into the milk via cotton cloth. The melted Gandhaka solidified in the granular form at the bottom of the vessel. The solidified Gandhaka have been taken out from the vessel and placed in another vessel having lukewarm water for washing. Afterward, the process of washing the Shodhita Gandhaka dried and weight. The first step of Shodhita Gandhaka proceeded to the second step of the Shodhana procedure. The above a said procedure was repeated three times for the completion of Gandhaka Shodhana. As a result, the chief desired character of Shuddha Gandhaka shows bright yellow in color and granular in nature. Thus, it became suitable for therapeutic uses for various types of diseases and disorders [15-20].

**Table 1:** Different synonyms of gandhaka as per different texts

Sr. No.	Text	Synonyms
1.	Dhanwantari- nighantu [21]	Gandhapashada, Gandhamadan, Putigandha, Ballivasa, Gandhasma, Dhatuha, Balli
2.	Rajanighantu [22, 23]	Gandhapashada, Gandhaka, Gandhasma, Gandhamodena, Putigandha, Atigandhavata, Saugandhika, Sugandha, Divyagandha, Gandha, Rasagandha, Kushtari Krurgandha, Kitaghna
3.	Kaiyadeva- nighantu [24, 25]	Vaigandha, Gandhapashada, Gandhaka, Gandhamadan, Laeli, Lailitaka, Gandha, Gandhasma, Pitagandhaka, Vanshakaraka, Ballivasa, Varsaugandhika, Balli, Sutshatru, Dhatukumari, Shokpushpa, Vikrintaka
4.	Bhaishajya Ratnavali [26]	Gandhaka, Gandhapashada, Sukaprichha, Sugandhaka, Saugandhika, Sulvaripu, Pamari, Navneetaka

**Table 2:** Different types of gandhaka as per different texts

Sr. no.	Text	Types	Indication
1.	Rasarnava [27]	i. Shukachanchunibham ii. Pitavarna iii. Shwetavarna	-
2.	Rasendrachudamadi [28-30]	i. Shweta (Khatika) ii. Pita (Amalasara, Shokpakshiharitabha) iii. Rakta (Shokdhutagandhaka) iv. Krishna	1. Ghrihalepan, Dhatumaran 2. Shreshta Rasa- Rasayana 3. Dhatuvada 4. Jara-Mrityunasaka
3.	Rasendra- sarasangraha [31, 32]	i. Rakta ii. Pita iii. Shweta iv. Krishna	1. Hemakriya 2. Rasayana Vrnadilepa 4. Sarvakarya
4.	Rajanighantu [33, 34]	i. Shweta ii. Rakta iii. Pita iv. Nila	1. Kustha 2. Lohasidhi 3. Ganghaka Rasayan 4. Anya Varga Upyogi
5.	Bhavprakash- nighantu [35, 36]	i. Raktavarna ii. Pitavara iii. Shweta vrna iv. Krishnavrna	1. Swarna Nirman 2. Gandhaka Rasayan 3. Gandhaka Vrnadi 4. Sarvakarya
6.	Bhaishajya Ratnavali [37, 38]	i. Rakta ii. Pita iii. Shweta iv. Krishna	1. Hemakriya 2. Rasayana 3. Vrnadilepa 4. Sarvakarya

**Table 3:** Shodhana of gandhaka as per different texts

Sr. no.	Shodhana Dravyas	Process	Text
1.	Bhringaraja Swarasa	Mardana, Nimmajan, Agnisamyoga	Chakradatta [39, 40]
2.	i. Karanjja taila, Eranda taila, goat's milk, Datura Rasa, Jwalini Bijja Churna, fish's Pitta.	Dhalana, Bhavana	Rasarnava [41-44]
	ii. Bhringaraja Swarasa, Ghrita	Bhavana, Prachhalana	
	iii. Milk, Aadraaka Swarasa, Bhringaraja Swarasa, Nimbu	Shodhana	
3.	i. cow's milk, Usna Jala, Ghrita	Swedana, Prachhalana, Dhalana	Rasendrachudamadi [45-48]
	ii. Ghrita, Bhringaraja Swarasa	Dhalana	
	iii. Milk, Usna Jala	Galana	
4.	i. Ghee, milk	Dhaana, Swedana	Rasaratnasammuchya [49-52]
	ii. Bringraja Swarasa	Swedana	
	iii. milk	Nirvapa, Agnisamyoga	
5.	i. Milk, Kanjji	Kurmaputa, Agnisamyoga	Rasendrachintamadi [53-55]
	ii. Ghrita, milk	Dhalana	
6.	i. Ghee, milk, Usna Jala	Laghu Puta, Prachhalana	Rasendrasarsangraha [56-59]
	ii. Ghee, milk, Usna Jala	Dhalana, Prachhalana	
7.	i. Milk, Kanjji, Ghrita	Kachapaputa	Ayurveda Prakasha [60-63]
	ii. Ghee, milk	Dhalana	
	iii. Ghee, milk, Vanotapala	Dhalana	

	iv. Bhringraja Swarasa	Dhalana	
8.	i. Cow's ghee, milk, Usna Jala	Laghuputa, Agnisamyoga	Anandkanda [64-78]
	ii. Jyotishmati taila, Sarsapa taila, Eranda taila, Kusum taila, Sheep's milk, cow's ghee, Cow's milk, Kanjji, Dhatura	Bhavana	
	iii. Bhrihtiya Swarasa, Ajmoda	Mardana, Nirvapa	
	Kwatha, Bhringraja Swarasa, Dhaturapatra Swarasa, Tilaparni Swarasa, Ghrita, goat's milk	Laghuputa, Agnisamyoga, Bhavana, Peshada, Prachhalana, Dhalana	
	iv. Karanja taila, Eranda taila, goat's milk, Dhatura Swarasa, Matshyapita, Koshataki Bijja, Bhringaraja Swarasa, Usna Jala, Ghrita		
	v. Bhrami Swarasa, Ajmoda Kwatha, Bhringaraja Patra Swarasatilaparni Swarasa, Ghrita Sheep's milk	Mardana, Dhalana	
9.	Ghee, milk, Jala	Dhalana	Bhaishajya Ratnavali [79-81]
10.	i. Ghee, milk,	Dhalana	Rasatarangini [82-106]
	ii. milk, ghee,	Dhalana	
	iii. Sarsapa taila, Tila taila, Kusum taila, milk Jala	Bharjana, Dhalana	
	iv. Bhringraja Swarasa, Usna Jala,	Dhalana, Prachhalana	
	v. Gandhaka Churna	Damruyanta, Agnisamyoga	
	vi. Churnodaka	Dhalana	

**Table 4:** Pharmacological properties of gandhaka as per different texts

Properties	Rasendra- Chudamadi [107]	Madanpal Nighantu [108]	Rasaratna-Sammuchya [109]	Raja Nighantu [110]	Kaiyadeva- Nighantu [111, 112]
Rasa	Madhura	-	-	Katu	Katu, Tikta Kashaya
Guna	-	Sar, Pitta- Janaka	-	-	Sar, Pitta- Janaka
Virya	-	Usna	Usna	Usna	Usna
Vipaka	Katu, Usna	Katu	-	-	Katu
Karma	Rasayana, Kandu, Kustha, Visarpa, Dadru, Agnideepak, Pachana, Vishghna, Kriminasaka	Kustha, Kshya, Plihavridhi, Kaphavata Nasaka Rasaaamy- Parada Janya Roga Nasaka	Kustha, Mrityu, Jara, Agnideepak, Virya, Vriddhi	Agnikaraka, Kustha, Kandu, Khajuvisha Nasaka, Twakaroga Nasaka	Kandu, Kushtha, Vata, Kshya, Pliharoga Nasaka, Krimiroga Nasaka

  

Properties	Rasendrasara Sangraha [113]	Bhavprakasha Nighantu [114]	Ayurveda Prakasha [115, 116]	Ananad- Kanda [117, 118]	Rasashastra [119]
Rasa	Madhura	Katu, Tikta Kashaya	Katu, Tikta	-	Katu, Tikta, Kashaya
Guna	-	-	-	Vimala, sar	Usna, Sar
Virya	Usna	Usna	Usna	Usna	Usna
Vipaka	Katu	Katu	Katu	Katu	Madhura, Katuka
Karma	Rasayana, Kandu, Kustha, Visharpa, Viryapada, Kriminasaka, Agnivardhaka, Pachana	Saraka, Pitta- Janaka, Rasayana, Krimi, Visharpa, Kustha, Kshya, Kaphnavata Nasaka	Vishrapa, Kandu, Krimi, Kshya, Pliha Roga Nasaka, Kapha Vata Nasaka	Visarpa, Kustha Kandu, Krimi, Gulum Kshya, Netraroga, Vishapidita, Balya, Doshghna, Rasayana	Deepana, Pachana, Visahara, Jantughna, Krimihara, Agnikari

**Grahya Swarupa** [120]: Hard, butter like soft in consistency, Snigdha & Parrot wing like colour.

**Gandhaka Satva** [121]: As per classical text Rasendramangal, Gandhaka is naturally a Satva. which is such as Paradiya Satva so, there is no need for Satvapatna of Gandhaka.

**Dose** [122]: 1-8 Ratti (125-1000 mg)

### Complication management

In the different classical Rasagrantha white, red, yellow and black types of Gandhaka are mentioned out of which the yellow (Amlasara) type is employed for therapeutic applications. As per diseases along with its Pathya-Apathya regimen with adequate Anupana (vehicle)) and for complication management i.e. Goghrita and Godugdha are prescribed [123].

**Table 5:** Pathya-apathya of gandhaka as per different texts

Sr. no.	Pathy	Apathy	Text
1.	-	Kshar, Amla, Vidahi, Saubir, Taila, Madhya, Daal etc.	Rasendra- chudamadi [124]
2.	-	Kshar, Amla, Katu-Kanjji, Vidahi, Daal,	Rasaratna- sammuchya [125]
3.	-	Amla Dravya Shakaadi, Kakarashataka Dravya, Usna Virya Dravya	Rasatarangini [126]

**Table 6:** Therapeutical uses of shuddh gandhaka as per different texts

Sr. no.	Indication	Formulation	Text
1.	Hikka Roganasaka	Gandhaka, Parada Pisthi, Tamra Patra	Rasendramangala <sup>[127]</sup>
2.	Eagle's eye like Dhristi, Nirogyakaya, Dhirghyaayu	Gandhaka, Triphala Churna, Ghee, Bhiringraja Swarasa, Madhu	Rasaratnasammuchya <sup>[128]</sup>
3.	Prameha, Pramehapidika	Gandhaka, Guna, Dugdha	Bhaishajya Ratnavali <sup>[129]</sup>
	v. Daurbalya	Chitraka Mula Churna, Gandhaka	
	vi. Arshojanya Guda Vikara	Tila Churna, Gandhaka	
	vii. Gudavikara	Mulethi, Khanda, Sanaya Patti, Saufa	
	viii. Kapha Roga	Gandhaka, Gugulu, Triphala Churna	
	ix. Triva Yakshma, Antra Shotha, Gandamala, Netrajyotivardhaka, Viryavardhaka, Sharir Pusti, Manshika Santushti	Malkangani taila, Vachha Churna, Navneet	
	x. Virya-Shukradosha	Gandhaka, Khanda	
	xi. Kandu, Pama	Mridangringa, Shuhaga, Kapur, Gandhaka, Nariyal taila	
	xii. Dada	Shuhaga, Salaki Rala, Spatika, Gandhaka, Nimbu Rasa	
	xiii. Bala, Virya Vridhi	Gandhaka, Mushali Churna, Dugdha	
	xiv. Galita Kustha (Mahakustha)	Gandhaka, Madhu, Amala Swarasa	
	xv. Amavata, Gridhasi	Gandhaka Lepa	
4.	i. Naka-Karna-Mukha Roga, Agnimandhya	Gandhaka, Triphala Kwatha	Rasatarngini <sup>[130-139]</sup>
	ii. Nutan Kshya Roga	Adusha Kashaya, Gandhaka	
	iii. Shwasha, Kasa	Kantakari Kashaya, Gandhaka	
	iv. Twaka Roga	Pakwa Kadaliphala, Gandhaka	

**Table 7:** Gandhaka as an important ingredient in different formulation

Sr. no.	Text	Formulation
1.	Rasendramangala	Ganghaka Pisthi <sup>[140]</sup>
2.	Chakradatta	Vidangadi taila <sup>[141]</sup> , Kasamarda Pradeha <sup>[142]</sup> , Gandha Pashada Pralepa <sup>[143]</sup> , Gandha Pashada Churna <sup>[144]</sup> , Chhudavati Gutika <sup>[145]</sup>
3.	Rasarnava	Paradapisthi <sup>[146]</sup> , Gandhanagdruti <sup>[147]</sup> , Gandhakapisthika <sup>[148]</sup> , Nagapisthika <sup>[149]</sup> , Nagmaranyoga <sup>[150]</sup> , Gandhakabandhayoga <sup>[151]</sup>
4.	Rasendrachudamadi	Gandhaka Druti <sup>[152]</sup>
5.	Rasaratnasammuchya	Ganghaka Druti, <sup>[153]</sup> Gandhaka taila, <sup>[154]</sup>
6.	Sharangdhara Samhita	Jwarghni gutika <sup>[155]</sup> , Lokanath Rasa <sup>[156]</sup> , Hemagarbha Pottali <sup>[157]</sup> , Mahajwarankusha Rasa <sup>[158]</sup> , Jalabandhu Rasa <sup>[159]</sup> , Panvakra Rasa <sup>[160]</sup> , Unmatta Rasa <sup>[161]</sup> , Naracha Rasa <sup>[162]</sup> , Rajmriganka Rasa <sup>[163]</sup> , Agni Rasa <sup>[164]</sup> , Amritaranava <sup>[165]</sup> , Swachhandabhairava Rasa <sup>[166]</sup> , Hanspottali Rasa <sup>[167]</sup> , Mahatalkeshwar Rasa <sup>[168]</sup> , Vidhyadhar Rasa <sup>[169]</sup> , Shoolgajakeshari Rasa <sup>[170]</sup> , Agnitundi Rasa <sup>[171]</sup> , Manthanabhairava Rasa <sup>[172]</sup> , Kankasundar Rasa <sup>[173]</sup> , Grahnikapata Rasa <sup>[174]</sup> , Grahnivrajakapata Rasa <sup>[175]</sup> , Kandarpa Sundarasa <sup>[176]</sup> , Loha Rasayana <sup>[177]</sup>
7.	Rasakamdenu	Gandhaka Rasayana <sup>[178]</sup> , Gandhaka Raj Prayoga, <sup>[179]</sup> Kusthakalanala taila <sup>[180]</sup>
8.	Anandkanda	Gandhaka Druti <sup>[181]</sup>
9.	Bhaishajya Ratnavanavali	Gandhaka Drava <sup>[182]</sup> , Vidanga taila <sup>[183]</sup>
10.	Bharat Bhaishajya Ratnakara	Vidanga taila <sup>[184]</sup> , Gandhaka Satva <sup>[185]</sup> , Gandhaka Rasayana <sup>[186]</sup> , Gandhaka Yoga <sup>[187]</sup> , Gandhaka Pisthi <sup>[188]</sup> , Gandhaka Churna <sup>[189]</sup>
11.	Rasatarngini	Gandhakataila <sup>[190]</sup> , Gandhakadravakasa <sup>[191]</sup> , Gandhaka Kalpa <sup>[192]</sup>

**Table 8:** Ingredients used for shodhana of gandhaka

Sr.no.	Contents	Chemical Name/English Name	Form Used	Quantity
1.	Gandhaka	Sulphur(S)	Shuddha Sulphur	1 part
2.	Goghrita	Cow's ghee	Purified form	1 part
3.	Gokshira	Cow's milk	Purified form	6 times- Gandhaka
4.	Ushnodaka	Lukewarm water	Purified form	Equal to Gokshira



**Figures of the pharmaceutical shodhana (Purification) of gandhaka**



**Fig 1:** Ashodhita (Impure) Gandhaka



**Fig 2:** Raw Goghrita



**Fig 3:** Gokshira



**Fig 4:** Ushnaodaka (lukewarm water)



**Fig 5:** Melted Goghrita



**Fig 6:** Melting Gandhaka



**Fig 7:** Impure Gandhaka melted



**Fig 10:** Poured into Ushnaodaka



**Fig 8:** Poured into Gokshira



**Fig 11:** Shodhita (purified) Gandhaka



**Fig 9:** Obtained poured Gandhaka

### Conclusion

In Ayurvedic treatise, there are descriptions of various Rasadravyas and their formulation to cure and mitigate the disease and disorders. Gandhaka (Sulphur) is one of the mentioned preponderance Rasadravya that is employed in multiple formulations that showed promising effective action against many diseases and disorders. As per a review of the literature, Acharyas have explained Gandhaka in a very effective way regarding synonyms, types, Shodhana, Pharmacological properties, Grahya Swarupa, its Satva, therapeutic dose, complication management, Pathya-Apathya, therapeutic uses, and its important formulations. About its Shodhana there are many methods that have been given to purify its toxicity and get its therapeutics used for different types of diseases and disorders. In the context of the probable mode of action of Gandhaka it can be suggested based on its pharmacological properties as per review of literature, it possesses Rasa - Madhura, Katu, Tikta & Kashaya. Guna - Sar, Pittajanaka, Vimala & Usna. Virya - Usna. Vipaka - Katu. Karma - Rasayana, Kandu, Visarpa, Dadru, Agnideepak, Vishghna, Kriminasaka, Plihavridhi, Kaphavata



Nasaka, Rasaaamy- Parada Janya Roga Nasaka, Kustha, Mrityu, Jaranasaka, Virya Vriddhi, Khajuvisha Nasaka, Twakaroga Nasaka, Vata, Kshya, Pliharoga Nasaka, Viryaprada, Agnivardhaka, Saraka, Pitta- Janaka, Kaphnavata Nasaka, Gulum, Netraroga, Vishapidita, Balya, Doshghna, Deepana, Pachana, Visahara & Jantughna. Thus, overlooking its pharmacological properties it can be concluded that Rasadravya Gandhaka is most effective due to acts as dual functioning action first against diseases like Kshya Roganasaka, Krimi Roganasaka, Pliha Roganasaka, Jarajanya Vyadhinasaka, etc second begin also in action like Deepan-pachanga, Balya & Rasayana. So, in the present scenario of the emergence of drug resistance and ill side effects associated with modern medicaments reflects the need for Ayurvedic medicaments. Hence, it became more important to have a Systemic Ayurvedic review of Rasadravya Gandhaka.

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