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A REVIEW ON *SIVA GUTIKA*: A HERBO-MINERAL FORMULATION

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Abstract

The study examines the pharmacological properties of *Bhavitha Silajathu*, emphasizing the enhancement achieved through trituration with 19 *Bhavana Dravyas*. This processing significantly amplifies its inherent attributes, including *Katu* and *Tikta Rasa*, *Guru Guna*, *Ushna Virya*, *Katu Vipaka*, and *Tridoshahara* properties. These modifications highlight the therapeutic versatility of *Bhavitha Silajathu* in addressing various pathophysiological conditions. *Siva Gulika*, formulated with a balanced profile of *Madhura-Katu Rasa*, *Guru-Snigdha Guna*, and *Anushna Sheeta Virya*, exhibits both *Katu* and *Madhura Vipaka*, making it effective across metabolic, neural, hepatic, and ocular systems.

The formulation's *Tridoshahara* action demonstrates efficacy in mitigating inflammation, improving circulation, and alleviating symptoms associated with *Vata Sonitha*, such as pain and burning sensations. Its *Madhura* and *Snigdha* properties enhance *Rasa Dhatu* nourishment, while *Katu Vipaka* optimizes digestive and metabolic functions, particularly in managing *Pandu*. The *Tikta Rasa* and *Tridoshahara* attributes pacify *Pitta*, support hepatic functions, and address *Pleeha Yakrit Vikaras*. Furthermore, the *Ushna* and *Tikta* qualities facilitate *Srotorodha*, contributing to the management of psychiatric conditions like *Unmada* and *Apasmara*.

The inclusion of *brimhana* drugs such as *Shatavari*, *Vidarikanda*, and *Ashwagandha* underscores *Siva Gulika*'s potential as a *Rasayana*, promoting overall health and vitality. Digestive stimulants like *Pippali* and *Nagara* enhance its efficacy in combating *Agnimandya*. The *Snigdha* and *Guru* properties of *Ghritha* stabilize *Vata* and balance *Kapha*, further extending its therapeutic applicability. Collectively, *Siva Gulika* represents a promising holistic intervention for inflammatory, hepatic, digestive, and psychiatric disorders.

Keywords: *Siva gulika*, herbal medicine, ayurveda

Introduction

According to mythology, Lord Shiva gave his son Lord Ganesh the remedy known as *Shiva Gutika* for treating *Premea* a metabolic and life style disorder which is more prevalent in this period. Which makes the relevance of *Sivagutika* in this contemporary time also. *Shilajathu* is the main ingredient in the Shiva Gutika. *Shilajathu* is having multicentric action which in turn corrects the three Doshas. The formulation is renowned for its primary ingredient, *Shilajathu*, which is known for its broad-spectrum therapeutic properties. While traditionally emphasized for the management of *Prameha*, Shivagutika is also reported to be efficacious in treating various other ailments, including *Shopha* (Inflammation), *Pandu* (Anemia), *Atisthaulya* (Obesity), *Unmada* (Psychological disorders), and metabolic imbalances. Its inclusion in multiple Ayurvedic texts underlines its status as an auspicious and versatile remedy.

Shivagutika, a polyherbal formulation extensively documented in Ayurvedic classics, has been mentioned in *Ashtanga Sangraha Uttara Sthana Rasayanavidhana*, *Cakradatta Rasayanadhikara*, *Yogaratanakara Rajyakshmadhikara*, *Bhaishajya Ratnavali rasayana prakarana*, and *Sahasrayoga*. In *Ashtanga Sangraha*, it is stated that Lord Shiva devised this formulation for the treatment of *Prameha* and imparted it to his son, Lord Ganesha. According to mythological accounts, Lord Ganesha, afflicted with *Prameha* due to dietary habits, such as consuming excessive sweets and leading a sedentary lifestyle, was treated with *Shivagutika* by Lord Shiva.

Ayurvedic medicine often employs either single-plant-based therapies or polyherbal formulations, with the latter demonstrating enhanced therapeutic efficacy due to synergistic interactions among the constituents. *Shivagutika* exemplifies this approach, combining phytochemicals from several medicinal plants into a single preparation.

This review aims to explore the pharmacological potential of *Shivagutika* by analysing its *Rasadi Panchaka*—the five key Ayurvedic principles encompassing *Rasa* (taste), *Guna* (qualities), *Virya* (potency), *Vipaka* (post-digestive effect), and *Prabhava* (unique therapeutic action). Understanding these principles provides a holistic insight into the formulation's mechanism of action and its wide-ranging therapeutic applications.

Materials and methods

The study encompasses a detailed review of the formulation *Siva Gulika*, including its ingredients (presented in Table 1) and an analysis of the *Rasa Panchaka* of each ingredient (Table 2). The methodology also includes the preparation process, and an exploration of the probable pharmacodynamics of the formulation.

Table 1: Ingredients in the formulation

Name of drug	Scientific name	Family	Ratio
Silajathu	Asphaltum		768 g
Silajathu processing			
Haritaki	Terminalia chebula	Combretaceae	QS
Vibhitaki	Terminalia bellirica	Combretaceae	QS
Amalaki	Emblica officinalis	Euphorbiaceae	QS
Bilva	Aegle marmelos	Rutaceae	QS
Agnimantha	Premna mucronata	Verbenaceae	QS
Gambhari	Gmelina arborea	Verbenaceae	QS
Syonaka	Oroxylum indicum	Bignoniaceae	QS
Patala	Stereospermum suaveolens	Bignoniaceae	QS
Brihati	Solanum indicum	Solanaceae	QS
Salaparni	Desmodium gangeticum	Leguminosae	QS
Kantakari	Solanum surattense	Solanaceae	QS
Gokshura	Tribulus terrestris	Zygophyllaceae	QS
Prishniparni	Uraria picta	Leguminosae	QS
Guduchi	Tinospora cordifolia	Menispermaceae	QS
Patola	Trichosanthes dioica	Cucurbitaceae	QS
Bala	Sida cordifolia	Malvaceae	QS

Yashtimadhu	Glycyrrhiza glabra	Leguminosae	QS
Gomutra			QS
Ksira			QS
Kashaya preparation			
Kakoli	Roscoea purpurea	Zingiberaceae	48 g
Ksira Kakoli	Lilium polyphyllum	Liliaceae	48 g
Musta	Cyperus rotundus	Cyperaceae	48 g
Pushkaramoola	Inula racemosa	Compositae	48 g
Citraka	Plumbago zeylanica	Plumbaginaceae	48 g
Rasna	Pluchea lanceolata	Compositae	48 g
Meda	Polygonatum verticillatum	Liliaceae	48 g
Mahameda	Polygonatum cirrhifolium	Liliaceae	48 g
Riddhi	Habenaria intermedia	Orchidaceae	48 g
Chavya	Piper retrofractum	Piperaceae	48 g
Gajapippali	Scindapsus officinalis	Araceae	48 g
Pata	Cissampelos pareira	Menispermaceae	48 g
Jeevaka	Malaxis acuminata	Orchidaceae	48 g
Rishabhaka	Malaxis muscifera	Orchidaceae	48 g
Danti	Baliospermum montanum	Euphorbiaceae	48 g
Vidari	Pueraria tuberosa	Leguminosae	48 g
Ksira vidari	Ipomoea digitata	Convolvulaceae	48 g
Vira	Coccinia grandis	Cucurbitaceae	48 g
Satavari	Asperagus racemosus	Liliaceae	48 g

Narikela	<i>Cocus nucifera</i>	Arecaceae	48 g
Salaparni	<i>Desmodium gangeticum</i>	Fabaceae	48 g
Prishniparni	<i>Uraria picta</i>	Leguminosae (papilionaceae)	48 g
Prakshepa churnas			
Karkatasrungi	<i>Pistacia integerrima</i>	Anacardiaceae	96 g
Amalaki	<i>Embilica officinalis</i>	Euphorbiaceae	96 g
Sunthi	<i>Zingiber officinale</i>	Zingiberaceae	96 g
Maricha	<i>Piper nigrum</i>	Piperaceae	96 g
Pippali	<i>Piper longum</i>	Piperaceae	96 g
Talisapatra	<i>Abies webbiana</i>	Pinaceae	192 g
Vidari churna	<i>Pueraria tuberosa</i>	Leguminosae	48 g
Vamsha	<i>Bambusa arundinacea</i>	Graminae	24 g
Tvak	<i>Cinnamomum zeylanicum</i>	Lauraceae	96 g
Ela	<i>Elettaria cardamomum</i>	Zingiberaceae	96 g
Patra	<i>Cinnamomum tamala</i>	Lauraceae	96 g
Nagakesara	<i>Mesua ferrea</i>	Guttiferae	96 g
Tila taila	<i>Sesamum indicum</i>	Pedaliaceae	96 g
Cows' ghee			192 g
Honey			384 g
Sugar			768 g
Jatipushpa	<i>Jasminum officinale</i>	Oleaceae	QS

Table 2: Rasapanchaka of ingredients

Sl no	Drug	Quantity	Rasam	Guna	Virya	Vipaka	Dosha karma
1	Silajathu	768 g	Katu tikta	Guru	Ushna	Katu	Tridosha hara
	Bhavitha Silajathu	768 g	Tikta katu	Guru	Ushna	Katu	Tridosha hara
21	Kakoli	48 g	Madhura	Guru snigdha	Seeta	Madhura	Vata pitta samana
22	Ksira Kakoli	48 g	Madhura	Guru snigdha	Seeta	Madhura	Vata pitta samaka
23	Musta	48 g	Tikta katu Kashaya	Laghu ruksa	Seeta	Katu	Kapha pitta samaka
24	Pushkar amoola	48 g	Tikta katu	Laghu tiksna	Ushna	Katu	Kapha vata samaka
25	Citraka	48 g	Katu	Laghu ruksa tikshna	Ushna	Katu	Kapa vata samaka
26	Rasna	48 g	Tikta	Guru snigdha	Ushna	Katu	Kapha vata samaka
27	Meda	48 g	Madhura	Guru snigdha	Seeta	Madhura	Pitta vata samaka
28	Mahameda	48 g	Madhura	Guru snigdha	Seeta	Madhura	Pitta vata samaka
29	Riddhi	48 g	Madhura	Guru snidgha	Seeta	Madhura	Tridosha hara
30	Chavya	48 g	Katu	Laghu rusksa	Ushna	Katu	Kapa vata samaka

31	Gajapippali	48 g	Katu	Laghu ruksa tikshna	Ushna	Katu	Kapha samana vata
32	Pata	48 g	Tikta	Laghu tiksna	Ushna	Katu	Kapha samaka pitta
33	Jeevaka	48 g	Madhura	Guru snigdha	Seeta	Madhura	Vata pitta samana
34	Rishabhaka	48 g	Madhura	Guru Snigdha	Seeta	Madhura	Vata pitta samana
35	Danti	48 g	Katu	Guru tikshna	Ushna	Katu	Kapha samana pitta
36	Vidari	48 g	Madhua	Guru snigdha	Seeta	Madhura	Vata pitta samaka
37	Ksira vidari	48 g	Madhua	Guru snigdha	Seeta	Madhura	Vata pitta samaka
38	Vira	48 g	Tikta	Laghu Ruksha Tikshna	Ushna	Katu	Kapha samaka pitta
39	Satavari	48 g	Madhura tikta	Guru snigdha	Seeta	Madhura	Vata pitta samaka
40	Madhuphala (naliker)	48 g	Madhura	Guru snigdha	Seeta	Madhura	Vata pitta samaka
41	Salaparni	48 g	Madhura tikta	Guru snigdha	Ushna	Madhura	Tridosha samaka
42	Prishniparni	48 g	Madhua ,tikta	Laghu snigdha	Ushna	Madhura	Tridosha hara

43	Karkatas rungi	96 g	Kashaya tikta	Laghu ruksha	Ushn a	Katu	Kapha vata hara
44	Amalaki	96 g	Lavana rahita pancha rasa amla pradhana	Guru ruksha	Seeta	Madhura	Tridosha hara
45	Sunthi	96 g	Katu	Laghu snigdha	Ushn a	Madhura	Kapa vata samana
46	Maricha	96 g	Katu	Laghu tishna	Ushn a	Katu	Vata kapha samana
47	Pippali	96 g	Katu	Laghu snigdha tikshna	Anus hna seeta	Madhura	Vata kapha samana
48	Talisapa tra	192 g	Tikta madhura	Laghu tikshna	Ushn a	Katu	Kapha vata samaka
49	Vidari churna	48 g	Madhua	Guru snigdha	Seeta	Madhura	Vata pitta samaka
50	Vamsha	24 g	Madhura kashaya	Laghu ruksha tikshna	Seeta	Madhura	Kapha pitta samaka
51	Tvak	96 g	Katu tikta madhura	Laghu ruksha tikshna	Ushn a	Katu	Kapha vata samaka
52	Ela	96 g	Katu madhura	Laghu ruksha	Seeta	Madhura	Tridosha hara
53	Patra	96 g	Katu tikta madhura	Laghu ruksha tikshna	Ushn a	Katu	Kapha vata samaka
54	Nagakes ara	96 g	Kashaya tikta	Laghu ruksha	Ushn a	Katu	Kapha pitta samaka
55	Tila taila	96 g	Madhura Kashaya tikta	Guru snigdha	Ushn a	Madhura	Tridosha samana

56	Cows' ghee	192 g	Madhura	Guru snigdha	Seeta	Madhura	Vata pitta samana
57	Honey	384 g	Madhura kashaya	Guru ruksa	Sheeta	Katu	Kapha pitta samana
58	Sugar	768 g	Madhura	Guru snigdha	Sheeta	Madhura	Vata pitta samana
59	Jatipushpa	QS	Tikta kashaya	Laghu snigha mridu	Ushna	katu	Tridosha hara

Table 3 :Rasapanchaka of Bhavitha silajathu

1	Silajathu	768 g	Katu tikta	Guru	Ushna	Katu	Tridosha hara
2	Haritaki	QS	Lavana varjitha pancha rasa	Laghu ruksha	Ushna	Madhura	Tridoshahara
3	Vibhitaki	QS	Kashya	Laghu ruksa	Ushna	Madhura	Tridoshahara
4	Amalaki	QS	Lavana rahita pancha rasa, amla pradhana	Guru, ruksa	Seeta	Madhura	Tridoshahara
5	Bilva	QS	Kashaya tikta	Laghu ruksa	Ushna	Katu	Kapha vata samaka
6	Agnimantha	QS	Tikta katu Kashaya Madhura	Laghu ruksa	Ushna	Katu	Kapha vata samaka
7	Gambhari	QS	Tikta kashaya Madhura	Guru	Ushna	Katu	Tridosha samaka

8	Syonaka	QS	Madhura tikta Kashaya	Laghu ruksha	Ushna	Katu	Kapha vata samaka
9	Patala	QS	Tikta Kashaya	Laghu ruksha	Ushna	Katu	Tridosha samaka
10	Brihati	QS	Katu tikta	Laghu ruksha tikshna	Ushna	Katu	Kapha vata samana
11	Salaparni	QS	Madhura tikta	Guru snigdha	Ushna	Madhura	Tridosha samaka
12	Kantakari	QS	Tikta katu	Laghu ruksha tikshna	Ushna	Katu	Kapha vata samaka
13	Gokshura	QS	Madhura	Guru snigdha	Seeta	Madhura	Vata pitta samaka
14	Prishniparni	QS	Madhura tikta	Laghu snigha	Ushna	Madhura	Tridosha samaka
15	Guduchi	QS	Tikta Kashaya	Guru snigdha	Ushna	Madhura	Tridosha samana
16	Patola	QS	Tikta	Laghu ruksha	Ushna	Katu	Tridosha samaka
17	Bala	QS	Madhura	Laghu snigdha pichila	Seeta	Madhura	Vata pitta samana
18	Yashtimadhu	QS	Madhua	Guru snigdha	Seeta	Madhura	Vata pitta samana
19	Gomutra	QS	Katu, lavana anurasa	Laghu ruksha tikshna	Ushna	Katu	Kapha vata samana
20	Ksira	QS	Madhura	Snigdha guru	Seta	Madhura	Vata pitta hara

Method of Preparation

The preparation of the final *Gutika* involves multiple steps, including the collection of raw drugs, processing of the individual ingredients, and formulation of the final product. The pre procedure includes *Sodhana* of *Citraka* and *silajatu*.

Sodhana of citraka¹

1 *Rakta Citraka* Root- 1 part

2 *Curṇodaka* QS

Method of preparation: Take small pieces of *citraka*, soak in *Curṇodaka*. Wash the processed material and dry.

Sodhana of silajatu²

1 *Silajatu*- 2 parts

2 Hot water- 4 parts

3 *Triphala Kvatha* - 1 part

Method of preparation: a. Take powder of *Silajatu*, add specified amounts of hot water and *Triphala Kvatha* so as to disengage the soluble matter. Allow to settle down and decant the supernatant layers. Repeat the process till a clear liquid is obtained. Concentrate the decanted material to thick paste over moderate heat. Dry in sun rays and preserve for further purpose.

Preparation of siva Gulika³

Processing of Shilajatu

Shilajatu (16 *pala*) is soaked and macerated three times in each of the following decoctions: *Vara* (*triphala*), *Dasamula*, *Guduci* (*Tinospora cordifolia*), *Karkasa* (*Patola*), *Bala* (*Sida cordifolia*), *Madhuyashti* (*Glycyrrhiza glabra*), cow's milk, and water. It is then further macerated seven times in cow's milk.

Preparation of Kashaya for Gulika

A decoction is made by boiling 1 *pala* each of the following ingredients in 1 *drona* of water: *Kakoli*, *Ksira Kakoli*, *Musta*, *Pushkara*, *Chitraka*, *Rasna*, *Meda*, *Maha Meda*, *Riddhi*, *Chavya*, *Gajapippali*, *Patha*, *Jivaka*, *Rishabhaka*, *Danti*, *Vidari*, *Vira*, *Vari*, *Madhupala*, *Salaparni*, and *Prsniparni*. The decoction is reduced to one-quarter of its original volume.

Preparation of gulika

The processed *Shilajatu* is mixed with a decoction and powdered ingredients, including *Karkatasringi*, *Dhatri*, *Vyosha*, *Talisapatra*, and *Dhatri* leaves, each in equal amounts. Other ingredients such as *Vidari*, *Tvak-kshiri*, and *Chaturjata* are added. Oil, ghee, honey, and sugar

are mixed in increasing amounts. The mixture is then rolled into pills, each weighing 1 *aksha* (*karsha*= 12 g) quantity. After drying, the pills are stored in a pot fumigated with the smoke of *Dhatri* flowers.

Probable Pharmacodynamics of *Siva Gutika*

Table 3: Study of *Rasa* in Combination

<i>Rasa</i>	Percentage
<i>Madhura</i>	47
<i>Amla</i>	1
<i>Lavana</i>	0
<i>Katu</i>	22
<i>Tikta</i>	21
<i>Kashaya</i>	9

Madhura katu tikta

Table 4: Study of *Guna* in combination

<i>Guna</i>	Percentage
<i>Laghu</i>	13
<i>Guru</i>	43
<i>Snigdha</i>	22
<i>Rooksha</i>	13
<i>Teekshna</i>	9

Guru snigdha

Table 5: Study of *Veerya* in combination

<i>Veerya</i>	Percentage
<i>Ushna</i>	47
<i>Seetha</i>	51
<i>Anushna seetha</i>	2

Table 6: Study of Vipaka in combination

<i>Vipaka</i>	Percentage
<i>Madhura</i>	48
<i>Katu</i>	52

Table 7: Study of Doshakarma in combination

<i>Doshakarma</i>	Percentage
<i>Vatakapha hara</i>	4
<i>Kapha vata hara</i>	19
<i>Vata pitta hara</i>	32
<i>Pithavata hara</i>	2
<i>Kaphapitha hara</i>	17
<i>Tridoshahara</i>	26

Recent research works done on *Siva Gulika*

1. shiva gutika-a critical approach to its pharmacological action ⁴

<http://journalcmpr.com/sites/default/files/issue-files/1203-A-2018.pdf>

2. Pharmacological profile of Shiva Gutika: an uncharted and versatile polyherbal drug⁵

https://www.researchgate.net/publication/350398502_Pharmacological_profile_of_Shiva_Gutika_an_uncharted_and_versatilepolyherbal_drug

3. Pharmaceutical Analysis of Shivagutika: An Ayurved Formulation⁶

https://www.researchgate.net/publication/339551722_Pharmaceutical_Analysis_of_Shiva_gutika_An_Ayurved_Formulation

4. Clinical efficacy of *Shiva Guggulu* and *Simhanada Guggulu* in *Amavata* (Rheumatoid Arthritis)⁷

<https://pmc.ncbi.nlm.nih.gov/articles/PMC3611626/>

5. Efficacy of shiva gutika with saraswatarishta in the management of age associated mild cognitive impairment (aamci)⁸

<https://ayushdhara.in/index.php/ayushdhara/article/view/38>

6. Bioactive profiling and evaluation of anti-proliferative and anti-cancerous properties of Shivagutika, an Indian polyherbal formulation synchronizing *in vitro* and *in silico* approaches⁹

<https://pmc.ncbi.nlm.nih.gov/articles/PMC10230648/>

7. Clinical study to evaluate the therapeutic effect of shivagutika in patients with h.i.v¹⁰

<https://www.iamj.in/images/upload/hiv.pdf>

DISCUSSION

The properties of *Bhavitha Silajathu*, a key component of the formulation, were analysed in detail. It was observed that the incorporation of 19 *Bhavana Dravyas* significantly potentiates the inherent characteristics of *Silajathu*. This highlights how processing techniques like *Bhavana* (trituration) can enhance the pharmacological and therapeutic properties of raw materials. These enhanced properties include *Katu* and *Tikta Rasa*, *Guru Guna*, *Ushna Virya*, *Katu Vipaka*, and *Tridosahara* action.

When analysing the formulation, *Siva Gulika* is combined by drugs having dominant *Madhura-Katu Rasa*, *Guru-Snigdha Guna*. The *Virya* of the formulation represents a balanced combination of *Ushna* and *Sheeta* qualities, which can be collectively described as *Anushna Sheeta*. In terms of *Vipaka*, both *Madhura* and *Katu Vipaka* are evident, with a slight predominance of *Katu Vipaka*. So, in short *Siva gulika* is having *Madhura-Katu Rasa*, *Guru-Snigdha Guna*, *Anushna Sheeta virya*, and *Katu Vipaka*

The formulation's *Dosha Karma* is *Tridosahara* because the *Bhavana dravyas* have dominant *Tridosahara* properties. Its therapeutic applications extend to the metabolic, neural, haematological, hepatic, and ocular systems, reflecting its versatility. The *Tridosahara* property, combined with *Anushna sheeta Virya* and *Katu Vipaka*, suggests efficacy in managing inflammation and circulation irregularities, alleviating symptoms such as pain and burning in *Vata Sonitha*. The *Madhura* and *Snigdha* properties support *Rasa Dhatu* nourishment, while the *Katu Rasa* and *Vipaka* aid in digestion and metabolism, making it beneficial for addressing *Pandu*.

The formulation's *Tikta Rasa* and *Tridosahara* action help pacify aggravated *Pitta*, support liver function, and alleviate *Pleeha Yakrit Vikaras*. *Siva Gulika's Snigdha* and *Guru Guna* help stabilize *Vata*, while its *Ushna* and *Tikta* attributes clear *Srotorodha* and aid in managing psychiatric manifestations such as *Unmada* and *Apasmara*. The *Anushna Sheeta Virya* and *Tikta Rasa* are particularly effective in alleviating diseases of the eyes with neural involvement.

Shivagutika is a potential Rasayana as it contains brimhana ingredients such as Shatavari, Vidarikanda, Varahikanda, Ashwaganda, Jeevanthi, Godugdha, and Ghrita. Additionally, it includes digestive stimulants like Pippali, Maricha, Nagara, and Gajapippali, which are effective in managing Agnimandya and enhancing digestion. Ghrita, an essential component, possesses snigdha and guru properties that help balance Kapha dosha and reduce Vata dosha.

CONCLUSION

The analysis of *Bhavitha Silajathu*, enhanced by 19 *Bhavana Dravyas*, highlights the significant improvement in its pharmacological properties through trituration. *Siva Gulika*, with its balanced *Rasa, Guna, Virya*, and *Vipaka*, demonstrates broad therapeutic potential. Its *Tridosahara* action effectively targets *Vata* and *Pitta* doshas, supporting various systems including metabolic, neural, hepatic, and ocular. The brimhana drugs in the formulation highlight its potential as a Rasayana, supporting overall health and vitality. The formulation shows promise in managing inflammation, digestive issues, liver disorders, and psychiatric conditions, offering a holistic approach to treatment.

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