



Review Article

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A REVIEW STUDY ON *NAVAKA GUGGULU* AND ITS PROBABLE MODE OF ACTION IN THE MANAGEMENT OF *STHAULYA*

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ABSTRACT

Background *Sthaulya* (obesity) is one of the major lifestyle disorders described in *Ayurveda* under the category of *Santarpanottha Vyadhi*. It is characterized by excessive accumulation of *Meda Dhatu*, resulting in increased body weight, impaired metabolism, reduced physical activity, and increased susceptibility to metabolic diseases. Modern obesity is associated with insulin resistance, dyslipidemia, cardiovascular diseases, and other chronic disorders. *Navaka Guggulu*, a classical *Ayurvedic* formulation containing *Guggulu* along with eight potent herbal ingredients, is traditionally indicated in disorders related to *Kapha*, *Meda*, and metabolic dysfunction. The formulation possesses *Deepana*, *Pachana*, *Lekhana*, *Medohara*, and *Kapha-Vata Shamaka* properties, making it useful in the management of *Sthaulya*. **Aim:** To review the role of *Navaka Guggulu* and explore its probable mode of action in the management of *Sthaulya*. **Objectives:** To study the *Ayurvedic* concept of *Sthaulya*. To analyze

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the pharmacological properties of *Navaka Guggulu*. To understand its probable mechanism in obesity management. **Materials and Methods** A comprehensive review of classical *Ayurvedic* texts including *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, *Bhaishajya Ratnavali*, and contemporary scientific literature was conducted. Relevant articles from indexed journals, textbooks, and online databases were reviewed. Data regarding *Sthaulya* and *Navaka Guggulu* were critically analyzed. **Observations and Results** The reviewed literature indicates that *Navaka Guggulu* possesses significant *Lekhana*, *Deepana*, and *Pachana* properties. Its ingredients act on *Kapha* and *Meda Dhatu* by improving metabolic functions and reducing excessive fat accumulation. The formulation may contribute to weight reduction, lipid regulation, and correction of metabolic disturbances. **Discussion** The collective action of ingredients present in *Navaka Guggulu* promotes digestion, improves metabolism, and reduces excessive adiposity. Its *Kapha-Medohara* effect supports its therapeutic utility in *Sthaulya*. **Conclusion** *Navaka Guggulu* appears to be an effective classical formulation for managing *Sthaulya* through correction of *Agni*, reduction of *Kapha* and *Meda*, and improvement of metabolic activities. Further clinical studies are required to establish its efficacy scientifically.

Keywords *Sthaulya*, *Navaka Guggulu*, *Meda Dhatu*, Obesity, *Lekhana*, *Ayurveda*

INTRODUCTION

According to *Ayurveda*, *Sthaulya* is one of the eight undesirable physical constitutions (*Ashta Nindita Purusha*) described by Acharya Charaka. It is characterized by abnormal accumulation of *Meda Dhatu* resulting in excessive body bulk, pendulous abdomen, buttocks, and breasts along with reduced physical efficiency. The disease develops due to excessive intake of heavy, sweet, unctuous foods and sedentary habits leading to vitiation of *Kapha Dosh* and *Meda Dhatu*.¹

The prevalence of obesity has increased dramatically worldwide and has become a major public health concern. According to the World Health Organization, obesity is associated with increased risk of diabetes mellitus, hypertension, cardiovascular diseases, osteoarthritis, and certain cancers. Lifestyle changes, unhealthy dietary patterns, and lack of physical activity contribute significantly to its development.²

In *Ayurveda*, *Sthaulya* is considered a metabolic disorder arising from *Agnimandya*, *Kapha Prakopa*, and excessive nourishment of *Meda Dhatu*. The pathogenesis involves obstruction

of body channels (*Srotorodha*) by excessive fat tissue resulting in deranged metabolism and further accumulation of adipose tissue.³

Navaka Guggulu is a classical polyherbal formulation indicated in disorders involving *Kapha* and *Meda*. The formulation contains *Guggulu*, *Trikatu*, *Triphala*, *Musta*, and *Chitraka*, which possess *Deepana*, *Pachana*, *Lekhana*, and *Medohara* properties. These pharmacological attributes make *Navaka Guggulu* a promising therapeutic option in obesity management.⁴

AIM AND OBJECTIVES

Aim

To review the role of *Navaka Guggulu* and its probable mode of action in the management of *Sthaulya*.

Objectives

1. To study the *Ayurvedic* concept of *Sthaulya*.
2. To analyze the ingredients and pharmacological properties of *Navaka Guggulu*.
3. To understand the probable mode of action of *Navaka Guggulu* in obesity management.
4. To correlate *Ayurvedic* principles with modern concepts of obesity.

MATERIALS AND METHODS

This review study was conducted by collecting information from classical *Ayurvedic* texts such as *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*, *Bhaishajya Ratnavali*, and standard pharmacological references. Relevant published articles, review papers, and research studies available through PubMed, Google Scholar, and other scientific databases were reviewed. The collected data were analyzed and interpreted to understand the probable role of *Navaka Guggulu* in the management of *Sthaulya*.

CONCEPTUAL STUDY

Concept of *Sthaulya*

Sthaulya is a disorder characterized by excessive accumulation of *Meda Dhatu* resulting in obesity. Acharya Charaka included *Ati-Sthula Purusha* among *Ashta Nindita Purusha* due to increased susceptibility to diseases and reduced longevity.⁵

Etiological Factors (*Nidana*)

Dietary Factors

- Excessive intake of sweet foods
- Heavy and unctuous diet
- Overeating
- Frequent consumption of dairy products
- Excessive use of sugar and fats

Lifestyle Factors

- Lack of exercise
- Excessive sleeping
- Sedentary habits
- Absence of physical activity

Psychological Factors

- Stress eating
- Excessive mental comfort
- Lack of discipline in diet

Clinical Features (*Lakshana*)

- Pendulous abdomen
- Pendulous buttocks
- Excessive sweating
- Breathlessness on exertion
- Excessive hunger
- Excessive thirst
- Lethargy
- Reduced physical capacity

Ingredient Navaka Guggulu

S. No.	Name of drug	Botanical name	Part used	Rasa	Gun a	Viry a	Vipa ka	Dosh a Karma	Major Karma	Qty.
1	<i>Amalaki</i>	<i>Phyllanthus emblica</i>	Fruit	<i>Pancharasa</i> except <i>Lavana</i> , predominantly <i>Amla</i>	<i>Laghu</i> , <i>Ruks ha</i>	<i>Sheet a</i>	<i>Mad hura</i>	<i>Tridosh Shamaka</i> , especially <i>Pitta Shamaka</i>	<i>Rasayana</i> , <i>Vayasthapan</i> , <i>Chakshushya</i> , <i>Dahahara</i> , <i>Pramehaghna</i>	1 part
2	<i>Vibhitaki</i>	<i>Terminalia bellirica</i>	Fruit	<i>Kashaya</i>	<i>Laghu</i> , <i>Ruks ha</i>	<i>Ushna</i>	<i>Mad hura</i>	<i>Kapha-Pitta Shamaka</i>	<i>Kaphahara</i> , <i>Kasahara</i> , <i>Shwasahara</i> , <i>Krimighna</i> , <i>Lekhana</i>	1 part
3	<i>Haritaki</i>	<i>Terminalia chebulica</i>	Fruit	<i>Pancharasa</i> except <i>Lavana</i> , predominantly <i>Kashaya</i>	<i>Laghu</i> , <i>Ruks ha</i>	<i>Ushna</i>	<i>Mad hura</i>	<i>Tridosh Shamaka</i> , especially <i>Vata Shamaka</i>	<i>Rasayana</i> , <i>Deepana</i> , <i>Pachana</i> , <i>Anulomana</i> , <i>Mridu Rechana</i>	1 part
4	<i>Pippali</i>	<i>Piper longum</i>	Fruit	<i>Katu</i>	<i>Laghu</i> , <i>Snigdha</i> , <i>Tikshna</i>	<i>Anushna-Sheet a</i>	<i>Mad hura</i>	<i>Vata-Kapha Shamaka</i>	<i>Deepana</i> , <i>Pachana</i> , <i>Rasayana</i> , <i>Kasahara</i> , <i>Shwasahara</i>	1 part
5	<i>Shunthi</i>	<i>Zingiber officinale</i>	Rhizome	<i>Katu</i>	<i>Laghu</i> , <i>Snigdha</i>	<i>Ushna</i>	<i>Mad hura</i>	<i>Vata-Kapha Shamaka</i>	<i>Deepana</i> , <i>Pachana</i> , <i>Amapachana</i>	1 part

									<i>Grahi, Shulahara</i>	
6	<i>Maricha</i>	<i>Piper nigrum</i>	Fruit	<i>Katu</i>	<i>Laghu, Ruks ha, Tiksh na</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vata-Kapha Shamaka</i>	<i>Deepana, Pachana, Krimighna, Srotoshodhaka, Kasahara</i>	1 part
7	<i>Chitrakamoola</i>	<i>Plumbago zeylanica</i>	Root	<i>Katu</i>	<i>Laghu, Ruks ha, Tiksh na</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vata-Kapha Shamaka and Pitta Vardhaka</i>	<i>Deepana, Pachana, Amapachana, Grahi, Lekhana</i>	1 part
8	<i>Nagarmotha</i>	<i>Cyperus scariosus</i>	Rhizome	<i>Tikta, Katu, Kashaya</i>	<i>Laghu, Ruks ha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kapha-Pitta Shamaka</i>	<i>Deepana, Pachana, Grahi, Jwaraghna, Trishnagara</i>	1 part
9	<i>Vayavidanga</i>	<i>Embella ribes</i>	Seed	<i>Katu, Kashaya</i>	<i>Laghu, Ruks ha, Tiksh na</i>	<i>Ushna</i>	<i>Katu</i>	<i>Vata-Kapha Shamaka</i>	<i>Krimighna, Deepana, Pachana, Anulomana, Medohara</i>	1 part
10	<i>Shuddha Guggulu</i>	<i>Commiphora wightii</i>	Resin	<i>Katu, Tikta, Kashaya</i>	<i>Laghu, Ruks ha, Tiksh na, Suks hma, Vishada</i>	<i>Ushna</i>	<i>Katu</i>	<i>Tridosh Shamaka, mainly Vata-Kapha Shamaka</i>	<i>Lekhana, Medohara, Shothahara, Vedanasthapana, Srotoshodhaka</i>	1 part

Probable Mode of Action

Correction of *Agnimandya*

The formulation stimulates digestive and metabolic fire (*Agni*), thereby improving digestion and reducing formation of *Ama*.

Reduction of *Kapha Dosha*

Its *Katu* and *Tikta* dominant ingredients help reduce excessive *Kapha* accumulation.

Lekhana Action

The formulation scrapes excessive adipose tissue and helps reduce abnormal *Meda* deposition.

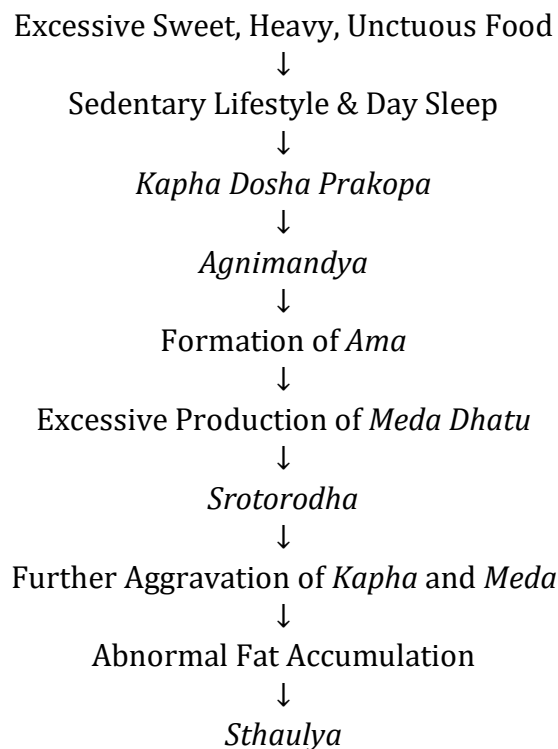
Improvement of Lipid Metabolism

The ingredients promote proper metabolism and utilization of fats, reducing lipid accumulation.

Channel Cleansing (*Srotoshodhana*)

The formulation removes obstruction in body channels caused by excessive *Meda*.

SAMPRAPTI OF *STHAULYA*



MODERN REVIEW

Obesity

Obesity is a chronic metabolic disorder characterized by excessive accumulation of body fat that adversely affects health. It is generally assessed by Body Mass Index (BMI).

Classification of Obesity

BMI (kg/m ²)	Classification
18.5–24.9	Normal
25–29.9	Overweight
30–34.9	Obesity Class I
35–39.9	Obesity Class II
≥40	Morbid Obesity

Risk Factors

Dietary Factors

- High-calorie foods
- Sugary beverages
- Fast foods

Lifestyle Factors

- Physical inactivity
- Sedentary occupation

Genetic Factors

- Family history
- Genetic predisposition

Endocrine Factors

- Hypothyroidism
- Cushing syndrome
- PCOS

Complications

Metabolic

- Type 2 Diabetes Mellitus
- Dyslipidemia

Cardiovascular

- Hypertension
- Coronary artery disease

Musculoskeletal

- Osteoarthritis
- Joint disorders

Respiratory

- Sleep apnea

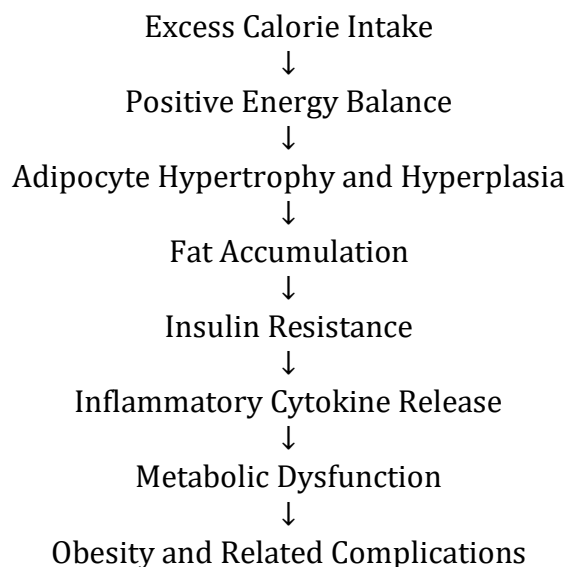
Modern Pharmacological Correlation of *Navaka Guggulu*

Studies suggest that *Guggulu* exhibits:

- Hypolipidemic activity
- Anti-inflammatory activity
- Antioxidant activity
- Weight reducing potential
- Metabolic regulatory effects

Trikatu improves digestion and thermogenesis, while *Triphala* possesses antioxidant and lipid-lowering properties.

PATHOGENESIS OF OBESITY



FINDINGS

- *Navaka Guggulu* possesses potent *Deepana* and *Pachana* properties.
- It helps correct *Agnimandya* associated with *Sthaulya*.
- The formulation demonstrates significant *Kapha-Medohara* action.
- *Lekhana* property helps reduce excessive adipose tissue accumulation.
- It promotes proper metabolism and lipid utilization.
- The formulation acts as a *Srotoshodhaka* by clearing obstructed channels.
- *Guggulu* contributes hypolipidemic and anti-inflammatory effects.
- *Trikatu* enhances digestion and metabolic rate.
- *Triphala* supports antioxidant and lipid-lowering activity.
- The combined effect of ingredients may contribute to weight management and metabolic correction.

DISCUSSION

Sthaulya develops primarily due to derangement of *Kapha Dosha*, *Agnimandya*, and excessive accumulation of *Meda Dhatu*.⁷ The disease process involves impaired digestion, formation of *Ama*, and obstruction of body channels. Therefore, treatment should focus on improving metabolism and reducing excess adiposity.⁸

Navaka Guggulu contains ingredients predominantly having *Katu*, *Tikta*, and *Kashaya Rasa*, along with *Laghu*, *Ruksha*, and *Tikshna Guna*.⁹ These properties help counteract the heavy and unctuous nature of *Kapha* and *Meda*. The formulation improves digestive efficiency and promotes proper tissue metabolism.¹⁰

The probable mechanism of *Navaka Guggulu* includes stimulation of digestive fire, enhancement of lipid metabolism, reduction of adipose tissue accumulation, and purification of obstructed channels. Modern studies on *Guggulu*, *Triphala*, and *Trikatu* support their anti-obesity, hypolipidemic, and metabolic regulatory activities, thereby validating the traditional indications of the formulation.¹¹

CONCLUSION

Sthaulya is a multifactorial metabolic disorder involving excessive accumulation of *Meda Dhatu* due to *Kapha Prakopa* and *Agnimandya*. *Navaka Guggulu* possesses *Deepana*, *Pachana*, *Lekhana*, *Medohara*, and *Srotoshodhaka* properties that directly address the pathogenesis of the disease. The formulation may help reduce body weight, improve lipid metabolism, and restore metabolic balance. Therefore, *Navaka Guggulu* can be considered an important classical formulation in the management of *Sthaulya*, although further evidence-based clinical studies are required for scientific validation.

CONFLICT OF INTEREST - Nil.

SOURCE OF SUPPORT- None.

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