

Kanchanar Guggul

Kanchanar twak
Triphala
Trikatu
Varuna

Bauhinia variegata
Three Fruits
Three Spices
Crataeva religiosa

Ela
Tamala patra
Twak
Shuddha Guggulu

Elettaria cardamomum
Cinnamomum tamal
Cinnamomum zeylanicum
Commiphora mukul

Method of preparation:

All the *churnas* are made into fine powder & mixed with Shuddha Guggul to make a homogenous mixture. The mixture is then dried, powdered & made into capsule form.

Reference: Sharangdhara Samhita

Guggulu Shodhan Reference: Bharat Bhaishajya Ratnakar

Constituents:

Tannins, Alkaloids - sennoside, Ascorbic acid, Bioflavonoids, Vitamin C, Mucilage, Essential oils - camphene, eugenol, gingerols, Alkaloids - piperine, piperlongumine, Steroids-guggulsterones that are lipid soluble, oleoresins

Ayurvedic Action:

Amanashak - destroys *ama* and adhesions, *Granthiarbudanashaka* - destroys tumours, growths and cancers, *Vranaropana* - heals ulcers, *Bhagandara* - used in fistula-in-ano, *Stiroga* - beneficial in menstrual disorders associated with high *kapha*, *Raktapitta* - internal bleeding disorders

Bio-Medical Action:

Anti-inflammatory, lymphatic, anti-tumour, anti-platelet, diuretic, cholesterolemic, alterative, decongestant

Indications:

Growths: Kanchanar Guggul is a specific for clearing all growths and fluid based accumulations in the body. It specifically reduces swellings and lumps (soft/hard/palpable/fixed/moveable) by drying the excess *kapha*. It is a favoured formula used in cancer caused by excess *kapha*.

Thyroid: It is also a specific herb for hypo/hyper thyroid. It has a balancing activity on the thyroxine production; increasing any deficient production and decreasing any excess. It also clears swellings in the neck and goitre.

Lymph: It is a specific herb for swollen lymph nodes, cervical adenitis, scrophularia or swollen glands in general. It effectively flushes the lymphatic system of toxins, sluggishness and accumulated wastes. It may also be beneficial as a decongestant where the sinuses are blocked because of a sluggish lymphatic system.

Gynaecology: Used for polycystic ovarian syndrome (PCOS), fibroids, endometriosis and vaginal discharge. The Kanchanar astringes the bleeding whilst the other ingredients scrape and eliminate the cysts, obstructions and adhesions.

Skin: In inflammatory skin disorders with oozing this is a very effective formula. When toxins are obstructing the deeper tissues of *medas-dhatu* and the Fat tissue then Kanchanar Guggul is the appropriate formula.

Obesity: When there are signs of excess weight with a sluggish lymphatic system and high cholesterol Kanchanara Guggul this is indicated.

Combinations:

+ **Turmeric, Myrrh and Frankincense** for growths and cancers

+ **Punarnava Guggul** for lymphatic congestion and oedema

+ **Shatavari and Roses** in gynaecology

Notes:

- This is THE anti-*kapha* formula when there is such a degree of stagnation that the *ama* has congealed to form a palpable mass.
- Kanchanar is very astringent and dries excess *kapha* and reduces the lipid tissue.
- Guggulu scrapes the adhesive tissue away from the channels.
- Triphala, Trikatu, Varuna, Ela and Twak all aid the digestion and elimination of the excess *kapha* by enkindling the digestive fire as well as clearing the toxins out through the urinary channel and the bowel.

Ayurvedic Energetics:

Taste rasi: Bitter, Astringent, Sweet, Pungent

Action virya: Heating

Post-digestive effect vipaka: Pungent

Quality guna: Dry, light

Dosha effect: K-, balances all 3 dosha

Tissue dhatu: Plasma, Blood, Muscle, Fat, Bone, Reproductive

Channel srota: Circulatory, Lymphatic, Eliminator

Contraindications: Not in pregnancy or any dryness in the body

Dosage: 2-3 tablets 3x/day