

**English Name: Indian Bdellium**

**Latin Name: Commiphora mukul Engl Pennel**

A small tree or shrub with alternate serrate leaves in the arid and rocky zones in certain parts of south-west and north-western India. Gum resin from the stem is tapped which is used in the preparation of various Ayurvedic preparations.

### **Commiphora Mukul Medicinal Uses**

Guggulu is a gum resinous exudate, which is tapped by specific traditional methods. Such resinous mass undergoes a process of purification to make it fit for human use.

This is one of the important drugs used by **Ayurveda** in the treatment of joint disorders and heart diseases. It is one of the herbs investigated extensively to revalidate the claims mentioned in the Ayurveda. It was observed that Guggulu is a promising hypolipidaemic drug. Further it was also observed that Guggulu offers an effective treatment in rheumatoid arthritis.

### **Chemical Composition**

The plant yields a gum resin commercially called Guggulu. It has been found to be a mixture of variety of organic compounds and inorganic ions. It also contains mineral matter chiefly consisting of silicon dioxide, calcium, magnesium, iron, aluminum and an essential oil. Guggulosterones E & Z have been reported from the Gum.