

MARCH - APRIL-2017

VOLUME 1

ISSUE 4

ISSN-2456-4354



PIJAR

PARYESHANA

INTERNATIONAL JOURNAL OF
AYURVEDIC RESEARCH

www.pijar.org

GALAGANDA, & GANDAMALA ITS CHIKITSA PRINCIPLES A-GUIDE TO SCHOLARS FOR RESEARCH WORKS

Dr.S.N.Belavadi¹. Dr. A. S. Prashanth²

¹Ph.D. Research Scholar, working as Professor, Department of P.G. Studies in Kayachikitsa, D.G.M.Ayurvedic Medical College, Hospital Gadag, Karnataka.

²M.D.Ayu, Ph.D. Professor, Department of Kayachikitsa, Ayurveda MahavidyalayaHubli, Karnataka,

ABSTRACT

The diseases like Galaganda and Gandamala are nowadays become more prevailing condition because of sedentary life style, Stress, Lack of excises, and because of Hormonal imbalance. In contemporary system of medicines advices Thyroxin for long standing and may lead to complication and adverse effect on the body. In Ayurveda Acharyas have been dealt the condition like Galaganda and Gandamala and discussed treatment modalities in terms of Shodhana, Shamana, Lepa, Rasayana. This article gives in detail information about Galaganda and Gandamala and different chikitsa measures this will help the Research scholar to select Research project keeping this view in mind the New article is furnished.

Key words: Galaganda and Gandamala, Vataja, pittja, Kaphaja, Shodhana chikitsa, Shamana chikitsa

Introduction:

Galaganda and Gandamala are the diseases of Gala where the Vitiation of Kaphadosha and Medhadhatu. In classics almost all acharyas have been vividly described these disorders and explained various

treatment modalities. Which includes different Shamana yogas, Lepa kalpas, Taila kalpas, Panchakaramas like Vamana, Virechana, Nasya, Raktamokshana specifically Siravyadhana and along with this some upakarmas like Udgharshana,

Bhandhana, Abhyanga, Kavalagraha and Dhoomapana.

So this is need for hour to select such disease for Research project and give some relief to the sufferer. Hence keeping this perspective here an attempt is made to explore the classical literature of this disease and different treatment modalities in terms of Shodhana chikitsa, Shamana chikitsa, Shastrakarma has been enumerated.

Very less researches has been carried out so far on Galaganda and Gandamala. This article gives road map for the young researcher to opt this condition for research to give high-yield results on this ailment.

Galaganda:

Pum gale gandaha spothaka iva | ¹

Gandamala:

Stree gandaam greevajata spotha visheshanaam malaa samuhoasyam | galaroga vishesha ²

- Malatulyam gandayogat gandamala | ¹³
- Gale gandakarupa vrana eva gandamaladayaha | ¹³
- Gandamalika kantadeshe malakara grantirupa | ¹³

Acharya Sharangadhara on dipika commentary said Karkundu that is Shringalakoli, Bhrihat badara and

Amalaki samana shotha formed in galapradesh and looks like Garland is nothing but Gandamala. ¹³

Acharya Madhavakara expalined Manifestation of samll or big Andakoshakara shotha in Galapradesha is said to be Galaganda.

Galaganda Nidana, Samprapti:

Medhastita dosha take ashraya in Kanta, Manya, Aksha, Kaksha and in Vankshana there will be Twacha samana varnyukata, Katina, Snigdha Kantakari, Amalaki phala akara Gambeera Avagada that is deep anekaganda yukta, chirapaki some are vedanayukta, some are sravirupi, few are atikanduyukta, some are dissappear and some are naveenaganda utpatti these are dheergakala this is said to be Gandmala.

Single Ganda - Galaganda, Many number of Ganda- Gandamala. ^{3, 4, 13}

Vitiation of Medha and Kapha manifesst many number of ganda in Gala. Anjananidana.

Because of vitiation of vata kaphadosha and Medhadhatu reaches Gala and Manya swadosha lakshanayukta shotha in gala which is gradually increase in nature is called Gandamala. ⁵⁻¹⁰

Gandamala Paribasha:

Manifestation of Shotha that is Mushka samana Andakosha, Scrotam in Galapradesha is said to be Galaganda. ⁵⁻¹⁰

Mahanta and alpa shotha take ashraaya in hanu manya and gala, mushkavat lambana. Madhukosha

The shotha which is manifested in Galapradesha, one side of the Gala is known as Galaganda. The same shotha when they are many in number that is said to be as **Gandamala**. Both these two disease are said to be sadhya. But when they are associated with Peenasa, Parshvashoola, Kasa, Jwara, Chardi upadravayukta then it is considered as asadhya.¹¹

Gandamala nirupana:

Because of vitiation of Kaphadosha and Medhadhatu Karkkundu samana, amalaki phalakara ganda manifest in kaksha, amsha pradesha, manyapradesha, vankshana and become chirenepaka this bahuganda or aneka gandayukta is called Gandamala. ^{6, 8,10,13}

Syad aalatulyagandamala

madhukosha, Galamatra eva gandamala **charaka**

Bedha: ⁵⁻¹⁰

- Vataja- Adikapeeda
- Sleshmaja- Guruta
- Medhaja-Kandu ^{6,5, 8,12}

Table no.1 showing lakshanas according to Dosha

Vataja galaganda	Sleshmaja galaganda	Medhaja galaganda
Suchivedanavat shotha	Sthira & Twachavarnayukta	Snigdha, Guru
Krishna sirayukta	Guru, Ugrakanduyukta	Panduravarna, Durgandha
Shyava or Arunavarna	Sheetasparshi & Mahanagatra	Kanduyukta,Alparujayukta
Karkashavat sparshana	Chirenvrudhi	Alabuvat lambhana
Gradually increase in nature	Chiratpaka	Vrudhikshaya According to health
Pakarahita sometimes Pakayukta	Mandapeeda	Snigdhasyata
Mukhavairasya	Madhurasyata	Aspasta shabdha in Gala
Talu & Galashosha	Talu,Gala pralepasadrusha	

Asadhya:

GALAGANDA, & GANDAMALA ITS CHIKITSA PRINCIPLES-A-GUIDE TO SCHOLARS FOR RESEARCH WORKS

When Galaganda is associated with Jwara, Chardi, Parshvashoola, Kasa and Peenasayukata Gandamala is varjya for chikitsa and said to be asadhya. ^{3,4}

Peenasa, parshvashoola, kasa, jwara chardi are said to be asadhya Galaganda. ⁸

Kricharaswasa, Mridu or durbala shareera 1 year old associated with Aruchi, Ksheena, Bhinnaswara Galaganda vaidhya should do varjya. ^{5,7, 10, 9}

Apachi: Gandamala granti when Paka, Srava and nasha after long duration is said to be Apachi. ⁸

Table no 2 Showing Chikitsa

Galaganda & Gandamala Chikitsa sutra	Panchakarmachikitsa¹¹	Vagbhata
Siravyadha Kayavirechana Shirovirechana Dhoomapana Puranaghrita Langhana Kavalagraha	Snehana Swedana Vamana Viechana Nasya Rakatamokshana- Raktamokshana, Shiravyadha. Abhyanga, Lepa Dhoomapana	Ghritapana is done for Vamana and Virechanartha. ⁴ Ushnodakapana is done for Vamanartha Gomutra and tandulodaka mixed with Rasanjana for Navayet and Vairechanikadhoomapana. ⁴

Table no 3 Showing Different Chikitsakalpas:

Shamanayogasa:	Shamanayogasa	Useful Lepas:
Kanchanaratwak kwatha pana-1phala, ½ phala or 1karsha ³ Mahishamutra mixed with mandhura and processed. ⁸ Sweta aparajita prayoga with	Kanchanara kwatha ¹⁶ Aindri girikarnikayoga ¹⁶ Galagande suryavarthadhupanaha ^{17, 16} Galagandahara jala---tikta alabuphala kept a week in jala or	Lepa- prepared out of Shami, Mulaka, Shigrubheeja, Yava & Sarshapa mixed with Amlatakra- Gandavilayana ³

<p>ghrita- pana Gandamala ⁸ Tikta alabhu Jalapana Gandamamala ⁸ Gandamalakandanoras- Galaganda & Gandamamla ⁸ Thriphaldhyo Guggulu Gandamala ⁸ Kanchanaraguggulu Gandamala ^{8,13} Kanchanaraguggulu- Gandamala,Galaganda ¹⁴ Kanchanara guggulu- galaganda¹⁶ Triphaladhya guggulu gutika- Gandamala ¹⁴ Ashtachatvarimshatsagmna guggulu gutika Gandamala ¹⁴ Alambusaswarasa Gandamala ¹³ Trikantakadivatika- Gandamala ⁹ Vidarigandichuranam- Gandamalanut ⁹ Talakadivatika Gandamala ⁹ Jashadabhasma, Nagabhasma, Gandamalakandana Gandamala¹⁵ Gandamalakandanoras- Galaganda & Gandamamla ⁹ Alambushadi swarasa galaganda—bharangimula praplepa ^{17, 16}</p>	<p>Madhya- pana-galaganda nasha ^{17,16} Katphala ghrarashana. Galagande –mandurbhasma prayoga with madhu ^{17, 16} Gandamala varuna kwatha ¹⁷ Gandamala kanchanra kwatha. ¹⁷ Gandamala aragwadshipdhi prayoga. ¹⁷ Triphaladi guggulu –gandamala ^{10, 17} Kanchanara guggulu gutika- ^{10, 17} Vacha gritha – galaganda vangasena Kanchanara twak kwata ,shunti churna mix- pana. ⁷ Varuna mula twak mixed with manda-pana- chirakaleena Gandamalahara. ⁷ 4 or 2 tola kanchanara twak – taken along with tandulodaka. ⁷ Kanchanara guggulu- kanchanara, trikatu, triphala matra Morning-1, evening-1 daily Uaragatalaganda, apachi, arbuda, gulma, bhaganara and arsha Anupana- khadirasara, mundi, haritakikwata. ⁷</p>	<p>Lepa- Prepared out of Bhallatka, Nimbapatra mardana...³ Gunjadyataila- Pana, Abhyanga, Nasya Galaganda & Gandamamala nasha ³⁴ Lepa -Palashamula mardhana with Tandulodaka Galaganda & Gandamalaadhyaya ⁸ Lepa- Gandhakadilepa ⁸ Lepa- Jephalapatravati-lepa ⁸ Bhallatakadilepa Gandamalanasha ⁸ Sarshapadilepa- Gandamala ^{13, 9} Sarshapadilepa-Galaganda ⁹ Lepa- Gandhakadilepa ⁹ Pralepa- Mundipralepa Gandamala ⁸ Upanaha- Suryavarta, Rasona, Galaganda shamana ⁸ Tailapana- Amritaditaila nityapana Gandamala ⁸ Vataja galaganda Nichuladi lepa samudra phena sarshapadi praplepa¹⁶ Galaganda lepa- gandamala, galaganda ¹⁶ Churna pragharshana ¹⁶</p>
---	---	--

Nasyayogas:	Siravyadhana	Useful Tailayogas
<p>Nasya, Pana- Kakadanitaila-Gunja- Pana ,Abhyanga, Nasya asadhya galagandanasha ¹⁸</p> <p>Nasya- Tumbhi taila puranagalaganda Gandamala ⁸</p> <p>Siravyadha- ⁸</p> <p>Nasya - Nirgunditaila Katina Gandamalanasha ⁸</p> <p>Nasya- Purana swetakushmadarasa mixed with vidalavana & saindhalavana- Naveena galagandanasha ⁸</p> <p>Nasya -Tumbitaila Nasya Galaganda ⁹</p> <p>Nasya- Ajamodadhya Gandamala ¹⁴</p> <p>Nasya- Phanajikadyataila- Nasya- Gandamala ¹⁴</p> <p>Abhyanga- Gunjataila ^{8,}</p> <p>Bandhana –Gandhakadiyoga Bandhana to Gala- Gandamalahara ⁸</p> <p>Tumbi taila—Nasya—galaganda Aragwda mula Nasya ¹⁶</p> <p>Nirugundi mula Nasya ¹⁶</p> <p>Galaganda nutane Nasya Galagande—tumbi taila Nasya- purana galaganda ¹⁷</p> <p>Gandamalyam Nasya yoga- ¹⁷</p> <p>Nirugundimula-mardan with jala—gandamala rasa—Nasya Koshataki sukrasena Nasya Tumbi swarasa + pippli churna- nimba phala taila mixed vacha , pippali churna and madhu-Nasya ^{16, 17}</p> <p>Galagande karkaruka rasanasya prayoga—purana, pakita, cucumber rasa along with vidalavana and saindava Nasya. Nirgundi taila-Nasya –galaganda ^{10, 17}</p> <p>Gunjadi taila- Nasya abhyanga- gandamala ^{10, 17}</p>	<p>Galagande karnaprishtasiravyadha- both ears near to bhaya sandhi at both karma ¹⁷</p> <p>Siravyadhana—Jiwhaya parshwatoadhasthachhiradwdash a kirtita. ¹⁶</p> <p>Galaganda shastra chikitsa ¹⁷</p>	<p>Swalpanarayanataila- Gandamala ¹⁰</p> <p>Shatavaritaila- Gandamala ¹⁰</p> <p>Nirgunditaila -Katina Gandamalanasha ⁸</p> <p>Chuchundaritaila- Katina Gandamalanasha ⁸</p> <p>Ajamodaditaila- Gandamala ⁸</p> <p>Vishnuproktamangalavataila- Galaganda- ¹⁰</p> <p>Amritadi taila-galaganda ¹⁶</p> <p>Sinduradi taila-gandamala ¹⁶</p> <p>Chuchumadi taila - gandamala ¹⁶</p> <p>Shakhokatakabimbadyo taila ¹⁶</p> <p>Nirgudi taila ¹⁶</p> <p>Vishnu taila galaganda ¹⁶</p> <p>Mahanrayana taila ¹⁷</p> <p>Dwtiyamashtaila Chakramarda taila -daruna gandmala shigranasta ⁷</p> <p>Himasradya taila- ¹⁰</p> <p>Amrityadya taila- ^{10, 17}</p> <p>Shakotadya taila- ^{10, 17}</p> <p>Chakramaradadi sindura taila ^{10, 17}</p> <p>Chuchudari taila- abhyanga in gandamala ^{10, 17}</p>

GALAGANDA, & GANDAMALA ITS CHIKITSA PRINCIPLES-A-GUIDE TO SCHOLARS FOR RESEARCH WORKS

Shakotaka bilwadi taila – Nasya gandamala ¹⁷ Gunja taila - Abhyanga, Nasya – mahadaruna gandamala nashaha ^{7, 13a}		
---	--	--

Table no.4 showing Chikitsa according to Dosha

Vatajalaganda chikitsa	Kaphajagalaganda chikitsa	Medhaja galaganda chikitsa
Nadisedwa-Erandai Vathagnadravyasiddha	Swedana,Upanaha then Raktamokshana	Siravyadha- Lepa-Trivrit, Sudha, Danti, Rasona
Raktavisravana Vrunashodhanartha Upanahasweda	Lepa-Vanatulasi, Ativisha, kushta. .proccesed with palashaksharodhaka	Pana- Salasaradigana Vrukshasara proccesed in Gomutra
Lepa-Shana, Atasi, Mulaka, shigru, punarnava, Arka processed with sura, kanji	Taila Pana Pippalyadigana sidda kwatha & Kalkasidda Tailapana	Shastrakarma, Dahanakarma then vrunaropanachikitsa
Tailapana-Amrita, nimba, kutaja, Bala, Pippali. siddataila Nityapana	Vamana,Shirovirechana, Vairechanikadhooma	Vrunaprakshalanartha- Triphalakwatha,Bandhana and nitya Yavabhijana.
Amritaditaila		

Table no.5 showing Pathya and Apathya in Galaganda & Gandamala

Pathya	Apathya
<p>Vamana, Virechana, Nasya, Swedana, Dhuma, siravyadha, Agni Karma, Ksharaproyaga, Praleeepa, Upavasa, Purana Ghrita, Purana Sastika Sali, yava, Mudga, Patola, Rakta sigru, Ruksha, Katu, Agnideepaka, Samstha, Peya Bhakshya, Suddha Guggulu, Suddha Shilajutu, best pathya in Galaganda, Gandamala. ¹⁶</p> <p>Puranaghrita,Puranashastikashali,Yava,mudga, patola, raktashigru, rukshakatudravaya agnideepnadravya, Guggulu, shilajathu patya in Galaganda and Gandamala. ⁸⁹</p> <p>Trikatuchurna mixed with Madhu and Gomutra,Yavanna, Patola,Nimba,Yusha, Katu rukshapadarthbhोजना Vamana, Raktamokshana ^{5a, 7, 8, 10}</p> <p>Yavamudga patolaini katu rukshacha bijanam! Chardi sa raktamukti chaa galagande prayojanam! ^{16, 17}. Yava, mudga, patola, katupadartha, rukshaanna, vamana, raktamokshana ¹⁷</p> <p>Galagande jala kumbibasma jala prayoga.</p>	<p>Ksheerekshuvikriti, Dadi and dadisidda padartha, Ekshusidda and Gudasidda padartha, Anupadesha pashupakshi mamsa, mashadi pishti, amla, madhura & which is guru for Digestion-Varjya for galaganda and Gandamala. ¹⁶</p> <p>Dugdha, Ekshu sidda padartha, Anupamamsa, Amla, Madhura,Guru abhishyandikaraka padartha. ^{5, 9}</p>

Discussion:

GALAGANDA, & GANDAMALA ITS CHIKITSA PRINCIPLES-A-GUIDE TO SCHOLARS FOR RESEARCH WORKS

Now days the patients are increased day by day and coming to insearch of Ayurvedic Physician for better treatment.

Conclusion:

- In first stage in case of early diagnosis and if selected proper Shodhanachikitsa followed Shamanayoga along with Pathya palana may give encouraging results.
- Researches should be carried on with above mentioned treatments on some sample size with proper documentation is need of the hour.

Research can be done on this ailment by selecting the following study design:

- Two different Nasyakalpas which are indicated in Galaganda and Gandamala like Nirgundi taila and Gunjadi taila will be selected to assess its efficacy. Likewise different Nasyakalpas are mentioned as above any of them will be selected and adjudicated on the patients.
- Management of the disease with any one Nasyakalpa, Shamanayoga followed by any one Lepakalpas. The kalpas will be selected as mentioned in the list.

- Two different shamanayoga like Kanchanara guggulu and Triphaladhya guggulu gutika will be selected to evaluate which yoga is effective in this disease.
- Like this different kalpas which are specifically indicated in Galaganda and Gandamala will be selected for
 - Observational study
 - Comparative study
 - Controlled clinical study

Bibliography

- 1) Shabdakalpadruma by Raja Radha Kantadeva Chowkambha Samskrita Series varanasi 3rd edition 1967. Vol 2
- 2) Shabdakalpadruma by Raja Radha Kantadeva Chowkambha Samskrita Series varanasi 3rd edition 1967. Vol 2
- 3 Vagbhata, Ashtangahridaya edited by Brahmanand Tripathi Dehli: Choukambha Sanskrit Sansthan Reprint 2003
- 4 Astanga sangraha Indu vyakyanasahita Editor, Dr. D.V.Pandit Rao and Dr. Ayodhya Pandey, NewDelhi, CCRAS,
- 5) Sushruta, Sushrutasamhita, Ayurveda tatvasandipika vyakyaana Edited by Kaviraj Ambikadatta Shastry,10th

- edition 1996, Varanasi : Choukambha Sanskrit Sansthan Varanasi Vol 1
- 6) Madhavanidhana of sri Madhavakara Madhukosh commentary by sri Sudharshanadatt shastry, 26th edition Choukambha Sanskrit Sansthan Varanasi vol 2
- 7) Bhavamishra, Bhavaprakasha Vidyotini Hindi commentry edited by Bhishgratna Pandit Sri Brahma Shankar Mishra Choukambha Sanskrit Series Varanasi Vol 2
- 8) Yogaratnakara with vidyothini hindi teeka by Vidhya Lakshmi pathi Shastry 8th Samskarana 2004 Choukambha Samskrita samsthana Varnasi
- 9) Basavarajeeyam Vaidya Sri Basavaraj virachita Govardhanasharma vyakhyana Gorakshna yantralaya prakashita Choukambha Vidhyabhavan Varnasi 1st edition 1987
- 10) Vangasen, Vangasenasamhitha, Jain Sankarlalji Vaidya, Mumbai Khemaraj Srikrishnadas publishers; 1996.
- 11) Agnivesha Charakasamhita Chakrapanidatta virachita Ayurvedadipika vyakhyana hindi by Kashinath shastry, Vaidya Yadavatrikamaji Achar, Choukambha Sanskrit samsthana Varnasi vol 2
- 12) Anjananidanam with vidyothini hindi teeka by Pandit Sri Brhamashankara Mishra Choukambha Sanskrit Series Varanasi 2004.
- 13) Sharangadhara, Sharangadhara Samhita, with Adamallas Deepika & Kashirams Gudarthadipika edited by Pandit Parashuram Shastry vidyasagar No 65, 5th Edition, Varanasi, Choukambha Orientalia, 2002
- 14) Vaidya Shodala Gadanigraha vidyotini Hindi edited by Indradeva Tripathy & Gangashaya Pandeya Choukambha Sanskrit Series Varanasi. 1st edition 1969
- 15) Rasaratna Sammurchaya by Dr. Indradeva Tripathi Choukambha Sanskrit Bhavana Varanasi second edition 2003
- 16) Bhaishajyaratnavali edited by Rajeshwaradatt Shastry Varanasi Choukambha Sanskrit Sansthan
- 17) Chakrapanidatta, Chakradatta, edited by Indradeva Tripathy Acharya Ramnath Dwivedi Choukambha Sanskrit Sansthan Varanasi, 2nd edition 1994

Photo Graphs

Source of Support: NIL
Conflict of Interest : None declared

Corresponding Author
Dr.S.N.Belavadi

Ph.D. Research Scholar,
Working as Professor, Department of P.G.
Studies in Kayachikitsa, D.G.M.Ayurvedic
Medical College Hospital Gadag, Karnataka.
Email:ayurnsb@yahoo.co.in,

