

Makardhwaj Gutika



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Shree Dhootapapeshwar Ltd is an organisation renowned for manufacturing various authentic Ayurvedic formulations since many decades. Its contribution to the field of Ayurved gained more limelight with publications like 'Vaidyamitra' and 'Arogyamandir Patrika' which has become quite popular in the Ayurved fraternity. Few days back I came across a copy of 'Vaidyamitra-Suvarnakalpa' edited by Vd. Shailesh Nadkarni. The efforts put in by Vd. Shailesh Nadkarni and his associates are indeed appreciable.

Ayurved practice brings new experiences everyday. Many topics are discussed. We come across many mysterious and surprising things. We always intend to document such findings but are hardly able to do so. We get so caught up in work that we tend to sideline our writing aspirations. Shree Dhootapapeshwar's request for an article for Arogyamandir Patrika revived this latent desire and inspired me to write and hence I approved immediately.

It is very commonly experienced that the Kalpa popular in Ayurvedic classics by the name Siddha Makardhwaj when used judiciously gives excellent results in many patients. This Kalpa possesses many qualities like Hrudya, Vishaghna, Raktaprasadan, Jantughna, Balya, Vajikara, Rasayan etc.

In Ayurvedic practice, we come across many males or couples who are psychologically depressed

due to post-marriage problems. They come with expectations of expert opinion and treatment. Most of these are victims of physical or mental impotence. Physical examinations reveal a well functioning reproductive system. There is usually no history of any past illness. In spite of this, they present with lack of libido or erectile dysfunction.

When a patient presents with such a disorder without any visible abnormality in the reproductive system, rather than Shaithilya of Jananendriya, usually the problem is either impaired Indriyashakti of the Jananendriya or its Shakti Shaithilya, both of which cannot be measured by any yardstick. 'Makardhwaj Gutika' cures this Shakti Shaithilya of the Jananendriya. This action not only applies for Jananendriya but also for Dnyanendriya and Karmendriya. Psychological impotence is observed in Shukra Dhatu Vikruti due to various reasons. If these factors are taken care of, there is no need of any other treatment to be given in such kind of impotence. However, in some cases this condition becomes chronic or recurs frequently. Such cases respond well to counselling along with Makardhwaj Gutika (125 mg) + Abhraka Bhasma (125mg) + Shankhapushpi Choorna (500 mg) twice a day with milk.

Modern diagnostic tests of semen reveal anatomical abnormalities in sperms. This is one of the causes of infertility. Improvement in this condition is seen

within a month after prescribing Makardhwaj Gutika (125 mg) + Shatavari, Ashwagandha and Vidarikanda 500 mg each with milk.

When there is abnormality in the sperm motility, prescribing Makardhwaj Gutika (125 mg) + Kavachbeeja Choorna (500 mg) twice a day gives good results.

Due to presence of Jatiphala in Makardhwaj Gutika it is beneficial for patients with erectile dysfunction as well. Sometimes, it provides better prognosis when given along with add on Jatiphala Choorna boiled with milk.

In oligospermia, Makardhwaj Gutika (125 mg) + Shwetamusali (1 gm) should be given along with Masha-Siddha Dugdha twice a day on an empty stomach. Sperm count increases within 1.5 to 2 months. However, consumption of sour, spicy foods, tobacco, cigarette smoking should be avoided while taking this treatment.

Shwas, Kas and Mansadhātu Kshay develops as a complication to Rajyakshma but sometimes x-ray and blood investigations do not show any major abnormality. In such cases, Makardhwaj Gutika + Sitopaladi Choorna + Yashtimadhu Choorna

should be given along with Kharjuradi Mantha. It helps relieve symptoms like Kas, helps gain weight and improves general condition of the patient.

Earlier, signs of ageing were observed at an age near to retirement i.e. around 55 years of age. Now-a-days, ageing starts at around 40 years of age. Constant rush in life, the competitive world and the resultant stress makes it difficult to take good care of ourselves. In such situations, it is necessary to prevent wear and tear of elements of the body in order to maintain youth. To achieve this, Makardhwaj Gutika 62.5 mg should be given along with Guduchi Satwa and Amalaki Choorna. It can also be accompanied with any Rasayan chosen according to Prakruti. Any Kalpa judiciously used but which does not contradict the classical texts will provide good prognosis in a very short period of time. Lastly I would like to add, commercially, a lot of importance is being given to attractiveness, but medicines should be an exception for this. Vaidyas give more importance to pharmacodynamics of any medicine rather than its attractive packaging. Financial gains are indispensable in any profession, but an ideal Vaidya believes in earning respect like Dhanvantari rather than being rich like Kubera.

Shukra Dhatu is an extremely important Dhatu among the seven Dhatu of body. Hence, Acharya Charak has defined it as **आहारस्य परंधाम** i.e. final essence of one's Ahar or food and has advised **शुक्रं तद्रक्षेत् आत्मनः।** i.e. one should take measures to avoid its depletion. If this advice is not followed and Shukra Dhatu gets depleted it may lead to various diseases. Granthakar have also mentioned the possibility of death in this context. **क्षयो ही अस्य बहुन् रोगान् मरणं वा नियच्छति।**

If the Sthanik Shukra starts depleting due to Ayogya Achar (improper habits) as a result Sarvadaihi Shukra also decreases and Lakshan of Ojakshay appear there after. Shukrakshay happens at a fast pace in an indulgent person or a person who is affected by lust. This leads to untimely appearance of Lakshan such as Klaihya, Napunsakata etc. This may further lead to problem of infertility. In the stage of Sarvadaihi Shukrakshay, impairment in physical and mental functions of Shukra is also seen, such as decreased self confidence, diminished energy level, Alpashukrata, Aharsha, Doorbalata etc.

Use of Makardhwaja Gutika along with Godugdha and Goghrot in this stage of Sarvadaihi Shukra Kshay helps to quickly replenish the decreased Shukra.

Thus, it helps to relieve the physical and mental Lakshan caused due to Shukrakshay.