



Cha. Chi .5. Gulma Chikitsitam

Cha. Chi. 5 — Gulma Chikitsitam (Management of Abdominal “Gulma”)

Learning goal: By the end of this chapter you will be able to define *Gulma* (palpable abdominal lump), describe its *hetu* (causes), *samānya saṁprāpti* (general pathogenesis), *lakṣaṇa* (cardinal and doṣa-wise features), and *sādhyāsādhyatā* (prognosis); outline type-wise *chikitsā sūtra*; and write notes on key formulations—*Tryūṣaṇādi Ghṛta*, *Hiṅgu-Sauvarcalādyā Ghṛta*, *Pippalyādyā Ghṛta*, *Kṣīra-Ṣaṭpālaka Ghṛta*, and *Miśṛaka Sneha*—with exact classical references.

1) Gulma — Hetu, Samānya Saṁprāpti, Lakṣaṇa & Sādhyāsādhyatā

1.1 Definition & anatomical sites (sthāna)

Charaka defines *Gulma* as a rounded, compact, palpable mass arising in the abdominal cavity, named by doṣa dominance:

“पक्वाशये पित्तकफाशये वा स्थितः स्वतन्त्रः परसंभ्रयो वा ।
स्पर्शोपलभ्यः परिपिण्डितत्वाद् गुल्मो यथादोषमुपैति नाम ॥७॥” (Cha.Chi. 5/7)

The five classical sites are:

“बस्तौ च नाभ्यां हृदि पार्श्वयोर् वा स्थानानि गुल्मस्य भवन्ति पञ्च ॥८॥” (Cha.Chi. 5/8)

Hypogastrium (bladder region), umbilicus, heart/epigastrium, and the two flanks.

1.2 Hetu (etiology)

Aggravation or obstruction of *Vāta* in the *koṣṭha* (thoraco-abdominal cavity) is the root:

“विट्श्लेष्मपित्तातिपरिस्रवाद्वा... वेगैरुदीर्णैर्विहतैरधो वा...
रूक्षान्नपानैरतिसेवितैर्वा... कोष्ठे प्रकोपं समुपैति वायुः ॥४-५॥” (Cha.Chi. 5/4-5)

Samānya saṁprāpti: The vitiated *Vāta* carries *Pitta* and *Kapha*, obstructs channels, and produces pain across the five sites:

“कफं च पित्तं च स दुष्टवायुरुद्धय मार्गान् विनिबद्धय ताभ्याम् ।
हृन्नाभि-पार्श्व-उदर-बस्ति-शूलं करोति... ॥६॥” (Cha.Chi. 5/6)

1.3 Cardinal sign (pratyātma-lakṣaṇa)

Palpable, compact, well-circumscribed mass—see verse 7 above.

1.4 Types (saṅkṣepa)

Charaka describes five: **Vātaja**, **Pittaja**, **Kaphaja**, **Sannipātaja (Nichaya-gulma)** common to males and females, and **Raktaja** occurring **only in women** (garbhāśaya-śroṇi).

1.5 Sādhyāsādhyatā (prognosis)

Prognosis depends on doṣa, site, chronicity and size. **Grave/Asādhyā** signs are:

“सञ्चितः क्रमशो गुल्मो महावास्तु-परिग्रहः... कृतमूलः सिरानद्धो यदा कूर्म इवोन्नतः ॥१६९॥”



दौर्बल्य-अरुचि-हृल्लास-कास-वम्य-रति-ज्वरैः... तृष्णा-तन्द्रा-प्रतिश्यायैः युज्यते न स सिध्यति ॥१७० ॥” (Cha.Chi. 5/169-170)

Large, deep-rooted, tortuous mass with systemic decline (fatigue, anorexia, palpitation, cough, vomiting, fever, thirst, drowsiness, coryza) → poor prognosis.

2) Gulma: doṣa-wise lakṣaṇa and Chikitsā Sūtra

Below, read each type as (lakṣaṇa → principle → key procedures/yogas) with Charaka’s verses.

2.1 Vātaja Gulma

- **Lakṣaṇa:** Severe colicky pain, constipation/retention of flatus (*baddha-viṇ-māruta*), dryness, aggravation with strain and fasting.
- **Principle:** *Snehana-Swedana-Bṛmhana* first; site-wise delivery of *sneha*.
“रूक्षव्यायामजं गुल्मं वातिकं तीव्रवेदनम्... स्नेहैर् आदितः समुपाचरेत् ॥२१ ॥” (Cha.Chi. 5/21)
“...स्वेदो गुल्ममपोहति ॥२३ ॥”—*swedana* relieves by softening channels and breaking obstruction. (5/23)
“स्नेहपानं हितं... ऊर्ध्वनाभिजे... पक्वाशयगते बस्तिः... उभयं जठराश्रये ॥२४ ॥”—choose *snehapāna* vs. *basti* by site. (5/24)
- **Adjuncts:** If *pitta* rises (burning), do gentle *virecana*: “...विरिच्यः... सस्नेहैर् अनुलोमिकैः ॥३१ ॥” (5/31)
Refractory cases: **raktamokṣaṇa**: “...रक्तस्य सोऽवसेकात् प्रशाम्यति ॥३२ ॥” (5/32)

2.2 Pittaja Gulma

- **Lakṣaṇa:** Burning, fever, thirst, perspiration, tenderness.
- **Principle & procedures:**
If produced by *snigdha-uṣṇa* diet: **mild purgation** is best; if by *rūkṣa-uṣṇa* diet: **ghṛta** pacifies:
“स्निग्धोष्णोदिते... पैत्तिके घ्नसनं हितम् । रूक्षोष्णेन... सर्पिः प्रशमनं परम् ॥३३ ॥” (5/33)
Kṣīra-basti and **purgation with milk + bitters** by indication: “...सतिक्तैः क्षीरबस्तिभिः... पयसा वा सुखोष्णेन सतिक्तेन विरेचयेत् ॥३४-३५ ॥” (5/34-35)
Raktamokṣaṇa when thirst, fever, burning, anorexia, *agnimārdava* prevail: “...रक्तमेवावसेचयेत् ॥३६ ॥” (5/36)

2.3 Kaphaja Gulma

- **Lakṣaṇa:** Heaviness, large hard mass, sluggishness, somnolence; *manda-agni*, nausea.
- **Principle:** *Lañghana* → *Vamana/Virechana* → *Kṣāra/Daḥa* for deep-rooted masses.
“शूलानाहविवन्धेषु... वर्तयो गुटिकाश्चूर्ण... कफवातहरं हितम् ॥३० ॥” (5/30)
“कृतमूलं... कठिनं... जयेत् कफकृतं गुल्मं क्षार-अरिष्ट-अग्निकर्मभिः ॥५५-५६ ॥” (5/55-56, context)
Post-procedural pathya and restoration of *agni* are stressed across sections.

2.4 Sannipātaja (Nichaya) Gulma

- **Lakṣaṇa:** Mixed features; identify doṣa dominance and plan accordingly—Charaka explicitly advises estimating “**doṣa-balābala**” to craft medicines.
“निमित्तलिङ्गान्युपलभ्य... दोषबलाबलं च... औषधकल्पनार्थम् ॥१६ ॥” (5/16)

2.5 Raktaja Gulma (women only)

- **Lakṣaṇa:** Globular mass with overall pulsation (not focal), marked pain, *garbha-liṅga*-like features; treat **after ten months** have elapsed:
“यः स्पन्दते पिण्डित एव... समगर्भलिङ्गः । स रौधिरः स्त्रीभव एव... मासे व्यतीते दशमे चिकित्स्यः ॥१९ ॥” (5/19)
- **Measures:** Charaka details operative steps for suppurated/ruptured states and lays emphasis on wholesome diet, *hetu-varjana*, and sustained *agni-rakṣaṇa* in concluding verses of the chapter.



3) Gulma Chikitsā Yogas — Key Classical Formulations

All formulations below are **from Cha.Chi. 5** with brief ingredient mnemonics and indications. Where the verse gives proportions, they are retained in transliteration; always align practical dosing with *roga/bala/deha* and *agni*.

3.1 Tryūṣaṇādi Ghṛta — Vāta-gulma frontline

“त्र्यूषणत्रिफलाधान्यविडङ्गचव्यचित्रकैः ॥६५॥
कल्की-कृतैर् घृतं सिद्धं स-क्षीरं वात-गुल्म-नुत् — इति त्र्यूषणादिघृतम् ॥” (Cha.Chi. 5/65)

- **Core drugs:** Trayūṣaṇa (śuṅṭhī, marica, pippalī) + Triphalā + Dhānyaka + Viḍaṅga + Cavya + Citraka.
- **Vehicle:** Ghṛta processed with **milk**.
- **Indication:** *Vātaja gulma*; alternates use **prasanna/surā/dadhi-sara/dāḍima-rasa** instead of milk (5/68).

Pearl: For severe Vāta with *āmāśaya/pakwāśaya* involvement, start after *snehana-swedana*; deliver via *pāna* or *basti* per site (5/24).

3.2 Hiṅgu-Sauvarcalādyā Ghṛta — Pain-distension reliever

“हिङ्गु-सौवर्चल-आजाजी-बिड-दाडिम-दीप्यकैः ।
पुष्कर-व्योष-धान्याक-वेतस-क्षार-चित्रकैः ॥६९॥
शटी-वचा-जगन्ध-इलासुरसैश्च विपाचितम् ।
शूल-आनाह-हरं सर्पिर् दध्ना च अनिल-गुल्मिनाम् ॥७०॥” (Cha.Chi. 5/69-70)

- **Effect:** Quickly relieves **colic (śūla)** and **distension (ānāha)** in **Vāta-gulma**; to be given **with curd/whey (dadhi)** where suited.

3.3 Pippalyādyā Ghṛta — Quick Vāta-gulma pacifier

“पिप्पल्या पिचुरध्यर्धो दाडिमाद् द्विपलं पलम् ।
धान्याद् पञ्च घृताच्छुण्ठ्याः कर्षः क्षीरं चतुर्गुणम् ॥७४॥
सिद्धम् एतैः घृतं सद्यो वातगुल्मं व्यपोहति... ॥७५॥” (Cha.Chi. 5/74-75)

- **Core:** Pippalī (1½), Dāḍima (2), Dhānyaka (5), Śuṅṭhī (1 *karṣa*), Ghṛta (20) + **milk 80**—mnemonic: **Pi-Da-Dhā-Su + Ghṛta + Kṣīra**.
- **Also helps:** *Yoni-śūla, śiraḥ-śūla, arśa, viśama-jvara*. (5/75)

3.4 Kṣīra-Ṣaṭpālaka Ghṛta — Kapha-gulma special

“पिप्पली-पिप्पलीमूल-चव्य-चित्रक-नागरैः । पलिकैः स-यवक्षारैः घृत-प्रस्थं विपाचयेत् ॥१४७॥
क्षीर-प्रस्थं च तत् सर्पिर् हन्ति गुल्मं कफात्मकम्... ॥१४८॥
— इति क्षीरषट्पलकं घृतम्” (Cha.Chi. 5/147-148)

- **Core:** Pippalī (phala+mūla), Cavya, Citraka, Nāgara + Yava-kṣāra with **equal ghṛta & milk (each 1 prastha)**.
- **Indication:** **Kaphaja gulma**; also *grahaṇī, pāṇḍu, plīha, kāsa, jvara*. (5/148)

3.5 Mīśraka Sneha — Composite unction for Kapha-Vāta blocks

“त्रिवृतां त्रिफलां दन्तीं दशमूलं पलोन्मितम् ।
जले चतुर्गुणे पक्त्वा चतुर्भागस्थितं रसम् ॥१४९॥
सर्पिर् एरण्डजं तैलं क्षीरं चैकत्र साधयेत् ।



सिद्धो मिश्रकः स्नेहः स-क्षौद्रः कफ-गुल्म-नुत् ॥१५०-१५१॥” (Cha.Chi. 5/149-151)

- **Build:** Decoction of *Trivr̥t*, *Triphala*, *Dantī*, *Daśamūla* reduced to ¼ → process together with **ghṛta**, **eraṇḍa-taila**, **milk**; take **with honey**.
- **Use:** **Kapha-gulma**, *kapha-vāta vibandha*, *kuṣṭha*, *plīha*, *udara*, *yoni-sūla*. (5/150-151)

Other useful ghṛtas: *Hapuṣādya* (5/71-73) for Vāta-gulma with ānāha/sūla; *Trayamāṇādi*, *Āmalakādi*, *Drākṣādi*, *Vāsā-ghṛta* for Pittaja patterns (5/118-127).

4) Putting it together — Practical *Chikitsā Sūtra*

4.1 First assess

- **Doṣa & site (five sthānas)**, **bala** (patient & disease), **āma vs nirāma**, **chronicity/size**.
- Recognise *asādhyā* features early (5/169-170).

4.2 Step-wise algorithm (write as a flow in exams)

1. **Vātaja gulma** → *Snehana-Swedana-Bṛmhāṇa* first; site-wise **snehapāna/anuvāsa-basti** (5/21-24). Add **Tryūṣaṇādi**, **Hiṅgu-Sauvarcalādyā**, **Pippalyādyā** Ghṛtas as per appetite & bowels. If burning prominent, **mild virecana** (5/31). Refractory → **raktamokṣaṇa** (5/32).
2. **Pittaja gulma** → If from *snigdha-uṣṇa* diet: **sraṁsana (mild purge)**; if from *rūkṣa-uṣṇa*: **ghṛta**. Use **kṣīra-basti** / purgation with **warm milk + tiktas** (5/33-35). If thirst-fever-dāha major → **raktamokṣaṇa** (5/36). Formulations: *Trayamāṇādi*, *Āmalakādi*, *Drākṣādi*, *Vāsā-ghṛta* (5/118-127).
3. **Kaphaja gulma** → **Laṅghana**, then **vamana/virecana**, powders/gutika for *sūla-ānāha-vibandha* (5/30), **Kṣāra/Daḥa** for deep-rooted, hard masses (5/55-56). Use **Kṣīra-Ṣaṭpālaka Ghṛta** and **Mīśraka Sneha** (5/147-151).
4. **Sannipātaja (Nichaya)** → Identify **doṣa-balābala** from **nimitta-liṅga** and tailor mixed protocol (5/16).
5. **Raktaja (women)** → Treat after ten months (5/19); manage suppuration/rupture surgically when indicated; maintain **pathya**, **agni-rakṣaṇa**, **hetu-varjana** (chapter summary 5/188-189).

4.3 Pathya-Apathya (high-yield cues)

- **Pathya:** Light digestible diets with *samyak sneha* where Vāta predominates; for Pitta, **milk-based** soothing regimens; for Kapha, **light, warm, spice-moderate** diets. Continuous **agni protection** is emphasised (5/50-51, 5/188-189 summary).
- **Apathya:** Excessive *rūkṣa* fasting/over-exercise in Vātaja; *uṣṇa-snigdha* overload in Pittaja; heavy, cold, unctuous overeating in Kaphaja—these are also *hetus* (5/4-5, 5/33).

5) Key formulation digests (exam-friendly tables)

A) Doṣa-wise management snapshot

Type	Core problems	First line	Procedures & lead yogas
Vātaja	Pain, constipation, dryness	<i>Snehana-Swedana-Bṛmhāṇa</i>	Site-wise sneha/basti (5/21-24); virecana if <i>pitta</i> ↑ (5/31); Tryūṣaṇādi , Hiṅgu-Sauvarcalādyā , Pippalyādyā .
Pittaja	Burning, fever, thirst	Sraṁsana or Ghṛta depending on origin	Kṣīra-basti , purgation with milk + tiktas (5/34-35); Trayamāṇādi/Āmalakādi/Drākṣādi/Vāsā-ghṛta .

Type	Core problems	First line	Procedures & lead yogas
Kaphaja	Heaviness, hardness, sluggishness	Lañghana then Vamana/Virechana	Kṣāra/Daḥa for deep masses (5/55–56); Kṣīra-Ṣaṭpālaka, Mīśraka Sneha (5/147–151).
Sannipāta	Mixed signs	Balance by doṣa-dominance	Follow <i>doṣa-balābala</i> (5/16).
Raktaja (stri)	Pregnancy-like signs	Treat after 10 months	Surgical/cleansing when suppurated/ruptured; <i>pathya, agni-rakṣaṇa</i> (5/19, 5/188–189).

B) Signature ghṛtas & snehas (with verses)

Yoga	Indications
Tryūṣaṇādi Ghṛta (5/65, 68) — Trayūṣaṇa+Triphala+Dhānyaka+Viḍaṅga+Cavya+Citraka; ghṛta with milk/alternates.	Vātaja gulma.
Hīṅgu-Sauvarcalādyā Ghṛta (5/69–70) — Carminative-deepana set; dadhi as anupāna.	Vāta-gulma with śūla-ānāha.
Pippalyādyā Ghṛta (5/74–75) — Pi-Da-Dhā-Śu + ghṛta + 4× milk.	Rapid relief in Vātaja gulma; also yoni/śīraḥ-śūla, arśa, viṣama-jvara.
Kṣīra-Ṣaṭpālaka Ghṛta (5/147–148) — Pippalī duo + Cavya + Citraka + Nāgara + Yava-kṣāra in ghṛta+milk.	Kaphaja gulma; plus grahaṇī, pāṇḍu, plīha, kāsa, jvara.
Mīśraka Sneha (5/149–151) — Decoction Trivṛt+Triphala+Dantī+Daśamūla, processed with ghṛta+eraṇḍa-taila+milk; with honey.	Kapha-gulma; kapha-vāta vibandha; yoni-śūla, kuṣṭha, udara, plīha.

6) Classical verses to quote (ready for your answer sheet)

- **Hetu & samprāpti:** “...कोष्ठे प्रकोपं समुपैति वायुः ॥४-५ ॥... ..हृन्नाभि-पार्श्व-उदर-बस्ति-शूलं करोति ॥६ ॥” (Cha.Chi. 5/4–6).
- **Sthāna:** “...स्थानानि गुल्मस्य... पञ्च ॥८ ॥” (5/8).
- **Vāta-gulma opening line:** “...वातिकं... स्नेहैर् आदितः ॥२१ ॥” (5/21).
- **Pitta algorithm:** “...स्रंसनं... सर्पिः प्रशमनं... क्षीर-बस्तिभिः... ॥३३-३५ ॥” (5/33–35).
- **Kapha deep-rooted:** “...कफकृतं गुल्मं क्षार-अरिष्ट-अग्नि-कर्मभिः ॥५५-५६ ॥” (5/55–56).
- **Asādhyā signs:** “सञ्चितः... महावास्तु... न स सिध्यति ॥१६९-१७० ॥” (5/169–170).

Assessment

A. MCQs (mark one)

- The **five sites** of *Gulma* are described as hypogastrium, umbilicus, **heart/epigastrium**, and **two flanks** in: A. Cha.Sū. 21 **B. Cha.Chi. 5/8** C. Su.Sū. 14 D. A.H. Ni. 15. **Ans: B.**
- The **first-line principle** in **Vātaja Gulma** is: A. Lañghana B. Kṣāra-karma **C. Snehana-Swedana-Bṛmhāṇa** D. Rakta-mokṣaṇa. **Ans: C.** (Cha.Chi. 5/21–24)
- In **Pittaja Gulma**, if caused by **rūkṣa-uṣṇa** diet, the best pacifier is: A. Vamana B. Kṣāra-yoga **C. Ghṛta** D. Udvartana. **Ans: C.** (Cha.Chi. 5/33)
- Kṣīra-Ṣaṭpālaka Ghṛta** is primarily indicated in: A. Vāta Gulma **B. Kapha Gulma** C. Pitta Gulma D. Raktaja Gulma. **Ans: B.** (Cha.Chi. 5/147–148)
- Raktaja Gulma** (women) should be treated: A. Immediately at detection B. After first trimester **C. After ten months** D. Only with śamana. **Ans: C.** (Cha.Chi. 5/19)



B. Short Answer Questions (4-5 lines each)

1. Describe the **samānya samprāpti** of *Gulma* with verse support (Cha.Chi. 5/6).
2. List **doṣa-wise first steps** for Vāta/Pitta/Kapha gulma with one verse each. (5/21-24; 5/33-35; 5/55-56).
3. Write the **ingredients and indication** of **Tryūṣaṇādi Ghṛta** (5/65, 68).
4. Give the **recipe** and **uses** of **Kṣīra-Ṣaṭpālaka Ghṛta** (5/147-148).
5. Enumerate **asādhyā features** of *Gulma* (5/169-170).

C. Long Answer (10-12 marks; attempt any one)

1. **Doṣa-wise Gulma Chikitsā Sūtra:** Define and locate *Gulma* (5/7-8), discuss hetu-samprāpti (5/4-6), and write the step-wise management for Vāta (5/21-24, 31-32) / Pitta (5/33-36) / Kapha (5/30, 55-56) with one *ghṛta* each. Conclude with prognosis (5/169-170).
2. **Formulary note:** Explain preparation, anupāna, and indications of **Hīṅgu-Sauvarcalādyā**, **Pippalyādyā**, **Kṣīra-Ṣaṭpālaka Ghṛta**, and **Miśraka Sneha** with exact Cha.Chi. 5 verses.

One-minute mnemonic – “GULMA”

- **G** — Gati-sites ×5 (Basti-Nabhi-Hṛd-Pārśva×2) (5/8).
- **U** — Upāyas by doṣa: Vāta → sneha/sveda; Pitta → sraṁsana/kṣīra-basti; Kapha → laṅghana→vamana/virecana. (5/21-24; 5/33-35; 5/55-56).
- **L** — Leading ghṛtas: **Tryūṣaṇādi, Hīṅgu-Sauvarcalādyā, Pippalyādyā, Kṣīra-Ṣaṭpālaka, Miśraka.** (Cha.Chi. 5).
- **M** — Morbidity markers for *asādhyā* (5/169-170).
- **A** — Agni-rakṣaṇa & pathya through course (chapter summary 5/188-189).

With these verses, tables and algorithms ready, you can confidently answer any 5-, 10- or 15-marker on **Gulma Chikitsitam** in the BAMS exam.