Plant Profile: *Commiphora wightii* L.

Scientific name ***Commiphora wightii*** L.

Family Burseraceae

Common names: Hindi Name:Guggulu
Sanskrit Name:Guggulu
English Name:Indian Bdelium
Latin Name:Commiphora mukul Engl Pennel

Habitate It is native to India widespread in tropical and subtropical areas, at altitudes up to 1200 m on the outer Himalayas of India

Plant Description

Commiphora wightii is a small tree indigenous to India, growing wild in the semi-arid states of Rajasthan, Gujarat, and Karnataka. It is much-branched, dioecious, up to 6 m tall with brown coloured, spine scented knotty, crooked and spirally ascending branches ending in sharp spines. Bark shiny, ash to yellowish white coming off in rough flakes exposing the greenish underbark, which also peels off in thin papery rolls. Leaves small, sessile, rhomboid-(ob)ovate, 1-3 leaflets, highly aromatic, leathery, shinning green on top and greyish below with irregularly toothed edges. Flowers small, unisexual, sessile, brownish red, occurring singly or in groups of 2-3, 8-10 lobed disc and an oblong-ovoid ovary; stamen 8-10. Fruit an ovoid green berry like drupe, reddish, 6-8 mm in diameter. Seed generally contain an under developed embryo. The generic name is derived from Greek ‘kommis’ and ‘phora’ meaning gum bearer

Chemical Composition:

Guggulsterol-I, -II & -III, gugullipid, gum resin, myricyl alc. and bita-sitosterol. Flowers: flavons..

Therapeutic value

Guggul Oleo-gum-resin helps in reducing high cholesterol, because it lowers harmful lowdensity lipoproteins while elevating the beneficial high-density lipoproteins.

It helps prevent blood platelet aggregation and breaks up already formed blood clots. Thus, it helps prevent heart disease and stroke.

Guggul is also widely promoted as a weight loss agent that supposedly enhances thyroid function. Guggul stimulates the activity of white blood cells in the body, contributing to the build-up of the immune system.

Guggul also helps eliminate and expel dead tissues, wastes, and toxins from the body. Inhalation of fumes of burnt Guggul has been known to relieve coughing and lung congestion, soothe mucous membranes and alleviate other respiratory problems.

It is used in rheumatism, nervous diseases, scrofulous affections, urinary disorders and skin diseases.