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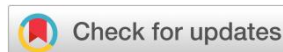
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Review Article

Majoon Jograj Guggul: Exploring Novel Scientific Horizons in Unani Therapeutics

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Abstract



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Majoon Jograj Guggul is a renowned polyherbal preparation of the Unani system that has traditionally been prescribed for a variety of musculoskeletal disorders, neurological conditions, and long-standing inflammatory diseases. Classical Unani scholars have described the formulation as possessing Muhallil-e-Waram (anti-inflammatory), Musakkin-e-Alam (pain-relieving), Muqawwi-e-Asab (nervine strengthening), and Muqawwi-e-Mafasil (joint-supportive) properties. The formulation is centered on Guggul (*Commiphora mukul*) and is supplemented with several medicinal plant ingredients that act collectively to enhance its therapeutic effectiveness. Scientific investigations conducted in recent years have provided evidence supporting many of its traditional claims. Research indicates that the bioactive compounds present in the formulation, particularly guggulsterones, flavonoids, terpenoids, and various phenolic constituents, contribute to a broad spectrum of pharmacological effects, including anti-inflammatory, antioxidant, anti-arthritis, neuroprotective, immunomodulatory, and lipid-lowering activities. The present review explores the traditional therapeutic significance, phytochemical composition, and pharmacological potential of Majoon Jograj Guggul while examining the scientific evidence behind its emerging clinical applications. By bridging classical Unani principles with contemporary biomedical research, this review underscores the value of scientifically validating traditional formulations and highlights their potential role in modern healthcare and future therapeutic research.

Keywords: Majoon Jograj Guggul, Unani Medicine, *Commiphora mukul*, Anti-inflammatory, Arthritis, Neuroprotective, Polyherbal formulation, Evidence-based medicine.

Introduction:

Unani medicine represents one of the most ancient systems of traditional healthcare and is founded on the concepts of Mizaj (temperament), Akhlat (humoral theory), and the preservation of physiological balance within the human body ¹. Within this system, polyherbal formulations are extensively utilized owing to their multifaceted therapeutic actions, synergistic interactions among ingredients, and comparatively lower incidence of adverse effects. Majoon Jograj Guggul is one such classical formulation that is frequently employed in the management of chronic inflammatory conditions, rheumatic disorders, gout, arthritis, sciatica, paralysis, and various neuromuscular ailments ². The therapeutic value of this formulation is primarily attributed to Guggul (*Commiphora mukul*), an oleo-gum resin that has been highly regarded in both Unani and Ayurvedic medicine for centuries. Renowned Unani scholars, including Ibn Sina and Azam Khan, documented its medicinal properties and described it as an agent capable of resolving inflammation, relieving

pain, removing obstructions, and treating conditions such as Waja-ul-Mafasil (arthritis), Niqris (gout), and Irq-un-Nasa (sciatica) ^{3,4}.

Recent pharmacological and clinical investigations have provided substantial support for many of these traditional therapeutic claims. Several biologically active constituents present in Guggul and associated herbal ingredients, including guggulsterones, Myrrhanol A, flavonoids, and terpenoids, have demonstrated significant anti-inflammatory, antioxidant, anti-arthritis, and neuroprotective effects in experimental and clinical studies ⁵. In light of these findings, the present review seeks to critically examine the scientific evidence underlying the therapeutic potential of Majoon Jograj Guggul and to explore its emerging applications in contemporary healthcare practice.

1. Ingredients of Majoon Jograj Guggul and part used in composition:

The classical Unani formulation *Majoon-e-Jograj Guggul* contains multiple herbal ingredients with anti-

inflammatory, nervine, digestive, and rejuvenating properties. The composition below is adapted from the Central Council for Research in Unani Medicine (CCRUM) pharmacopeial listing and standard Unani formularies.

Table 1:

S. No.	Unani Name	Botanical Name	Part Used
1	Ajmod	<i>Apium leptophyllum</i>	Fruit
2	Amla	<i>Phyllanthus emblica</i>	Fruit
3	Atis	<i>Aconitum heterophyllum</i>	Root
4	Bharangi	<i>Rothea serrata</i>	Root
5	Chob Chini	<i>Smilax china</i>	Root
6	Gaj Pippali	<i>Scindapsus officinalis</i>	Fruit
7	Hing	<i>Ferula asafoetida</i>	Oleogum resin
8	Inderjo Shireen	<i>Wrightia tinctoria</i>	Seed
9	Kutki	<i>Picrorhiza kurroa</i>	Rhizome
10	Murwa	<i>Marsdenia tenacissima</i>	Stem
11	Muqil Azraq (Guggul)	<i>Commiphora wightii</i>	Resin
12	Pippali	<i>Piper longum</i>	Fruit
13	Pippalimool	<i>Piper longum</i>	Root
14	Post Balela	<i>Terminalia bellirica</i>	Fruit peel
15	Post Halela Kabuli	<i>Terminalia chebula</i>	Fruit peel
16	Waj Turki	<i>Acorus calamus</i>	Rhizome
17	Zanjabeel	<i>Zingiber officinale</i>	Rhizome
18	Zeera Safaid	<i>Cuminum cyminum</i>	Seed
19	Zeera Siyah	<i>Carum carvi</i> / <i>Bunium persicum</i>	Seed
20	Qand Safaid	Refined Sugar	-----

(*Quantities are approximate classical batch quantities according to CCRUM formulations).

Table 2: Recommended Dose

Age Group	Dose	Administration
Adults	5–10 g twice daily	With lukewarm water or milk
Elderly/Debilitated patients	3–5 g twice daily	Under physician supervision

Traditional Unani physicians generally prescribe the formulation after meals for chronic inflammatory and neurological disorders. ^{6,7,8}.

Table 3: Nomenclature of Ingredients of Majoon Jograj Guggul:

S. No.	Unani Name	English/Common Name	Botanical Name	Family
1	Ajmod	Wild Celery	<i>Apium leptophyllum</i>	Apiaceae
2	Amla	Indian Gooseberry	<i>Phyllanthus emblica</i>	Phyllanthaceae
3	Atis	Indian Atees	<i>Aconitum heterophyllum</i>	Ranunculaceae
4	Bharangi	Blue Glory Shrub	<i>Rothea serrata</i>	Lamiaceae
5	Chob Chini	China Root	<i>Smilax china</i>	Smilacaceae
6	Gaj Pippali	Java Long Pepper	<i>Scindapsus officinalis</i>	Araceae

7	Hing	Asafoetida	<i>Ferula asafoetida</i>	Apiaceae
8	Inderjo Shireen	Sweet Indrajau	<i>Wrightia tinctoria</i>	Apocynaceae
9	Kutki	Picrorhiza	<i>Picrorhiza kurroa</i>	Plantaginaceae
10	Murwa	Murva	<i>Marsdenia tenacissima</i>	Apocynaceae
11	Muqil Azraq / Guggul	Indian Bdellium	<i>Commiphora wightii</i>	Burseraceae
12	Pippali	Long Pepper	<i>Piper longum</i>	Piperaceae
13	Pippalimool	Root of Long Pepper	<i>Piper longum</i>	Piperaceae
14	Post Balela	Belleric Myrobalan	<i>Terminalia bellirica</i>	Combretaceae
15	Post Halela Kabuli	Chebulic Myrobalan	<i>Terminalia chebula</i>	Combretaceae
16	Waj Turki	Sweet Flag	<i>Acorus calamus</i>	Acoraceae
17	Zanjabeel	Ginger	<i>Zingiber officinale</i>	Zingiberaceae
18	Zeera Safaid	Cumin	<i>Cuminum cyminum</i>	Apiaceae
19	Zeera Siyah	Black Cumin / Caraway	<i>Carum carvi</i> / <i>Bunium persicum</i>	Apiaceae
20	Qand Safaid	Refined Sugar	----	—

The nomenclature and botanical authentication of the ingredients used in Majoon Jograj Guggul have been derived from authoritative Unani pharmacopoeias and recognized medicinal plant literature ^{6,9,10}.

Among its constituents, *Commiphora wightii* (Guggul) serves as the major therapeutic component and has been extensively documented for its anti-inflammatory and lipid-lowering activities ¹⁰. The three ingredients collectively known as Triphala—*Terminalia chebula*, *Terminalia bellirica*, and *Phyllanthus emblica*—are valued for their potent antioxidant effects and their role in promoting general health and rejuvenation ⁹. In addition, aromatic medicinal plants such as *Zingiber officinale*, *Cuminum cyminum*, and *Ferula asafoetida* are incorporated to support digestive function and enhance the absorption and therapeutic efficacy of the formulation ¹¹.

2. Reason behind the Nomenclature of Guggul:

The term *Guggul* is derived from the Sanskrit word *Guggulu* (गुग्गुलु), which has been mentioned extensively in classical Ayurvedic and Unani literature. Traditional scholars have interpreted the term to mean “that which protects the body from diseases” or “a substance that wards off illness,” reflecting its long-standing medicinal importance ^{9,10}. The name is also associated with the characteristic aromatic oleo-gum resin obtained from the plant *Commiphora wightii*, which has been used therapeutically for centuries in South Asian systems of medicine ¹⁰. Botanically, Guggul refers to the oleo-gum resin exuded from the stem and branches of *Commiphora wightii* (Arn.) Bhandari, a shrub belonging to the family Burseraceae. Since the resin constitutes the medicinally active portion of the plant, the drug became popularly known by the name “Guggul” itself rather than by the botanical name of the source plant ⁹. In Unani medicine, Guggul is commonly identified as Muqil Azraq and is recognized for its *Muhallil-e-Waram* (anti-inflammatory), *Musakkin-e-Alam* (analgesic), and

Muqawwi-e-Mafasil (joint-strengthening) properties. Classical Unani physicians frequently prescribed it for conditions such as *Waja-ul-Mafasil* (arthritis), *Niqris* (gout), and *Irq-un-Nasa* (sciatica) ^{3,4}.

The formulation Majoon Jograj Guggul derives its name from its principal ingredient, Guggul, which contributes significantly to its therapeutic efficacy. The term Jograj (Yograj) denotes a highly esteemed compound formulation traditionally employed in the management of rheumatic, musculoskeletal, and neurological disorders, while “Guggul” highlights the dominant medicinal constituent responsible for many of its pharmacological actions ².

3. Pharmacological Activities of Majoon Jograj Guggul:

The therapeutic efficacy of Majoon Jograj Guggul is attributed to the diverse pharmacological properties of its constituent herbs, which act synergistically to produce a broad spectrum of biological effects.

3.1 Anti-inflammatory Activity:

Inflammation plays a crucial role in the development and progression of arthritis and other musculoskeletal disorders. Among the active constituents of *Commiphora mukul*, guggulsterones have been shown to interfere with the activation of nuclear factor-kappa B (NF-κB), a key regulator of inflammatory processes. This inhibition results in decreased production of pro-inflammatory mediators, including TNF-α, IL-1β, and cyclooxygenase enzymes ¹². Furthermore, experimental investigations have reported a marked reduction in inflammatory swelling and edema following the administration of Guggul-derived preparations ¹³.

From the perspective of Unani medicine, these findings support the traditional concept of *Muhallil-e-Waram*, which denotes the ability of a drug to disperse

inflammatory swellings and eliminate accumulated morbid materials from affected tissues ¹⁴.

3.2 Analgesic Activity:

Majoon Jograj Guggul also demonstrates notable analgesic potential, largely owing to the presence of terpenoids, volatile oils, and phenolic compounds in its ingredients. Pharmacological studies indicate that these bioactive substances can reduce pain by suppressing prostaglandin biosynthesis and influencing nociceptive signaling pathways involved in pain perception ¹⁵. Such observations provide scientific support for the classical Unani description of the formulation as *Musakkin-e-Alam*, a remedy that alleviates pain and discomfort.

3.3 Anti-arthritic Activity:

Research conducted on animal models has demonstrated that extracts of *Commiphora mukul* can effectively reduce joint inflammation, prevent cartilage destruction, and lower the levels of biomarkers associated with rheumatoid arthritis ⁵. In addition, Myrrhanol A, an important bioactive constituent isolated from *Commiphora mukul*, has exhibited pronounced anti-arthritic activity, with efficacy comparable to that of conventional anti-inflammatory medications in experimental studies ¹³. These findings provide scientific evidence supporting the traditional use of Majoon Jograj Guggul in the management of arthritic and rheumatic conditions.

3.4 Antioxidant Activity:

Oxidative stress is recognized as a major factor in the pathogenesis of chronic inflammatory diseases and degenerative disorders. The formulation contains numerous flavonoids and phenolic constituents that possess strong antioxidant potential. These compounds help neutralize reactive oxygen species (ROS), thereby minimizing cellular damage and protecting tissues from oxidative injury ¹⁶. Such antioxidant effects may contribute significantly to the overall therapeutic benefits of the formulation.

3.5 Neuroprotective Activity:

A number of ingredients present in Majoon Jograj Guggul are traditionally regarded as nervine tonics and have demonstrated neuroprotective properties. Their beneficial effects are attributed to the reduction of oxidative damage in neuronal tissues, enhancement of neural function, and support of nerve signal transmission. These pharmacological actions offer a scientific basis for the traditional use of the formulation in neurological disorders such as paralysis, sciatica, and neuralgia ¹⁷.

3.6 Hypolipidemic and Anti-obesity Activity:

Among the constituent drugs, Guggul has received considerable attention for its lipid-lowering effects. Studies have shown that guggulsterones influence cholesterol homeostasis by antagonizing the farnesoid X receptor (FXR), thereby promoting improved lipid metabolism and reducing serum cholesterol levels ¹⁸.

Since excess body weight is a known risk factor that worsens inflammatory and degenerative joint disorders, the hypolipidemic and anti-obesity properties of Guggul may indirectly aid in improving musculoskeletal health and reducing disease burden.

4. Therapeutic Uses of Majoon Jograj Guggul

Classical Unani texts describe Majoon Jograj Guggul as beneficial in various chronic disorders involving accumulation of morbid humors and inflammation.

Traditional and Contemporary Uses

- Waja-ul-Mafasil (arthritis)
- Rheumatoid arthritis
- Osteoarthritis
- Irq-un-Nasa (sciatica)
- Niqris (gout)
- Falij (paralysis)
- Neuralgia
- Chronic low back pain
- Cervical and lumbar spondylosis
- Joint stiffness
- Muscular spasm
- Neuromuscular weakness

According to Ibn Sina, drugs possessing Muhallil and Mulattif actions help dissolve pathological accumulations and restore movement in joints and nerves ³.

5. Scientific Basis for the Innovative Uses of Majoon Jograj Guggul:

5.1 Correlation of Unani Concepts with Modern Biomedical Science

The therapeutic philosophy of Unani medicine can be scientifically interpreted through modern pharmacological mechanisms

Table 4:

S.N	Unani Concept	Modern Correlation
1	Dafa-e-Tashannuj	Anti-spasmodic effec
2	Muhallil-e-Waram	Anti-inflammatory action
3	Mulattif	Improved circulation and tissue penetration
4	Musaffi-e-Dam	Antioxidant and detoxification
5	Musakkin-e-Alam	Analgesic activity
6	Muqawwi-e-Asab	Neuroprotective activity
7	Muqawwi-e-Mafasil	Anti-arthritic and joint protective activity

The anti-inflammatory potential of Majoon Jograj Guggul is primarily attributed to its ability to modulate inflammatory signaling pathways and suppress the production of pro-inflammatory cytokines. In addition, its antioxidant constituents help counteract oxidative stress, a major contributor to the progression of many chronic disorders ¹²

5.2 Scientific Basis in Rheumatoid Arthritis:

Rheumatoid arthritis is characterized by persistent autoimmune-mediated inflammation affecting the joints and surrounding tissues. Studies have shown that guggulsterones can downregulate inflammatory mediators and alleviate synovial inflammation, thereby contributing to the management of rheumatoid arthritis ⁵. Furthermore, the antioxidant components of the formulation may help preserve cartilage integrity and protect connective tissues against damage caused by reactive oxygen species.

5.3 Scientific Basis in Neurological Disorders:

Neurodegenerative changes are often associated with increased oxidative stress and the release of inflammatory mediators that impair neuronal function. The neuroprotective phytochemicals present in Majoon Jograj Guggul may help mitigate oxidative damage to nerve cells, support neuronal survival, and enhance nerve conduction. These pharmacological effects provide a plausible scientific explanation for its traditional use in conditions such as paralysis, sciatica, and other neurological disorders.

5.4 Scientific Basis in Metabolic Disorders:

Metabolic disorders, including obesity and dyslipidemia, are frequently linked with chronic low-grade inflammation that can exacerbate musculoskeletal conditions. Guggul has demonstrated significant lipid-lowering properties, which contribute to improved cholesterol metabolism and overall metabolic health. By reducing metabolic dysfunction and systemic inflammation, the formulation may indirectly lessen inflammatory stress on the joints and associated tissues ¹⁸.

Table 5: Reported Pharmacologically Active Phytoconstituents:

Phytoconstituents	Source	Pharmacological Activity
Guggulsterones	Commiphora mukul	Anti-inflammatory, hypolipidemic
Myrrhanol A	Commiphora mukul	Anti-arthritic
Flavonoids	Polyherbal ingredients	Antioxidant
Phenolic compounds	Herbal drugs	Free radical scavenging
Terpenoids	Aromatic herbs	Anti-inflammatory
Essential oils	Herbal constituents	Analgesic, muscle relaxant
Steroidal compounds	Guggul	Immunomodulatory
Tannins	Various herbs	Tissue protective

Table 6: Overall Therapeutic Efficacy

Disease	Mechanism	Outcome
Rheumatoid arthritis	Cytokine inhibition	Reduced inflammation
Gout	Anti-inflammatory effect	Reduced swelling
Osteoarthritis	Antioxidant protection	Improved mobility
Sciatica	Neuroprotective action	Pain relief
Paralysis	Nervine tonic effect	Improved neuromuscular function
Muscular spasm	Muscle relaxant activity	Relaxation and mobility
Obesity-related arthritis	Hypolipidemic activity	Reduced inflammatory burden

6. Badal (Alternate) Musleh (Corrective) and Temperament (Mizaj) of Ingredients of Majoon Jograj Guggul:

According to the principles of Unani pharmacology, each medicinal substance is characterized by a distinct

temperament (*Mizaj*), along with a specific corrective agent (*Musleh*) and substitute (*Badal*). These concepts assist Unani physicians in understanding the therapeutic potential, safety profile, and suitability of drugs when used individually or as components of compound formulations ¹⁴. Majoon Jograj Guggul is

predominantly composed of ingredients possessing a hot and dry temperament, a characteristic that makes the formulation particularly beneficial in the treatment of cold and phlegmatic (*Balghami*) disorders.

Consequently, it has been traditionally employed in conditions such as arthritis, paralysis, chronic pain, and other ailments associated with cold humoral dominance¹⁹

Table.7.

S.No	Ingredient (Unani Name)	Botanical Name	Temperament (Mizaj)	Musleh (Corrective)	Badal (Substitute)
1	Ajmod	<i>Apium leptophyllum</i>	Hot & Dry 2°	Sikanjabeen	Karafs
2	Amla	<i>Phyllanthus emblica</i>	Cold 2° & Dry 2°	Honey	Halela
3	Atis	<i>Aconitum heterophyllum</i>	Cold & Dry 2°	Ghee	Behman
4	Balela	<i>Terminalia bellirica</i>	Cold 1° & Dry 2°	Honey	Halela
5	Bharangi	<i>Rotheca serrata</i>	Hot & Dry 2°	Sikanjabeen	Asgand
6	Chob Chini	<i>Smilax china</i>	Hot & Dry 2°	Milk	Ushba
7	Gaj Pippali	<i>Scindapsus officinalis</i>	Hot & Dry 2°	Honey	Pippali
8	Halela Kabuli	<i>Terminalia chebula</i>	Cold 1° & Dry 2°	Roghan Badam	Amla
9	Hing	<i>Ferula asafoetida</i>	Hot 4° & Dry 3°	Roghan Badam	Suddab
10	Inderjo Shireen	<i>Wrightia tinctoria</i>	Cold & Dry 2°	Honey	Tukhm Neem
11	Kutki	<i>Picrorhiza kurroa</i>	Cold & Dry 3°	Honey	Chiraita
12	Murwa	<i>Marsdenia tenacissima</i>	Hot & Dry 2°	Sharbat Unnab	Asgand
13	Muqil Azraq (Guggul)	<i>Commiphora wightii</i>	Hot & Dry 3°	Roghan Badam	Kundur
14	Pippali	<i>Piper longum</i>	Hot 3° & Dry 2°	Ghee	Filfil Siyah
15	Pippalimool	<i>Piper longum</i> root	Hot & Dry 2°	Milk	Filfil Daraz
16	Waj Turki	<i>Acorus calamus</i>	Hot 3° & Dry 2°	Kateera	Zanjabeel
17	Zanjabeel	<i>Zingiber officinale</i>	Hot 3° & Dry 2°	Roghan Badam	Filfil Siyah
18	Zeera Safaid	<i>Cuminum cyminum</i>	Hot & Dry 2°	Sikanjabeen	Karafs
19	Zeera Siyah	<i>Carum carvi</i>	Hot & Dry 2°	Anisoon	Zeera Safaid

The concept of *Musleh* occupies a significant place in Unani therapeutics, as it is employed to counterbalance or mitigate the undesirable effects of certain potent medicinal substances. For instance, Roghan Badam (almond oil) is traditionally incorporated to moderate the excessive dryness and potential irritant properties associated with Guggul and Hing, thereby enhancing the safety and tolerability of the formulation¹⁴. Likewise, the principle of *Badal* (substitution) allows the use of alternative drugs possessing comparable temperament and therapeutic characteristics when the original ingredient is unavailable, ensuring continuity of treatment without compromising efficacy¹⁹

The therapeutic profile of Majoon Jograj Guggul is largely influenced by the predominance of ingredients characterized by a hot and dry temperament, including Guggul, Zanjabeel, Pippali, and Hing. These drugs are recognized for their anti-inflammatory, analgesic, and resolvent properties, which collectively contribute to the effectiveness of the formulation in the management

of chronic rheumatic, musculoskeletal, and neurological disorders^{10,19}

7. Side Effects of Majoon Jograj Guggul:

Majoon Jograj Guggul is generally regarded as a safe Unani formulation when administered in recommended doses and under the guidance of a qualified Unani practitioner. Nevertheless, inappropriate use, excessive dosage, or prolonged administration may lead to certain adverse effects, largely attributable to the presence of pharmacologically active ingredients such as *Commiphora wightii* (Guggul), *Aconitum heterophyllum* (Atis), *Ferula asafoetida* (Hing), and other pungent herbal components.

Commonly Reported Adverse Effects

- Gastric irritation and digestive discomfort
- Hyperacidity and heartburn
- Nausea or a feeling of gastric uneasiness

- Mild diarrhea or increased bowel movements
- Abdominal pain or discomfort
- Headache
- Skin eruptions, itching, or allergic manifestations
- Sensation of excessive body heat, particularly in individuals with a naturally hot temperament or

following prolonged use of hot and dry (*Haar Mizaj*) ingredients

Clinical and pharmacological studies have indicated that formulations containing Guggul may occasionally trigger hypersensitivity or allergic reactions in susceptible individuals, although such events are relatively uncommon ²¹ (Ulbricht et al., 2009).

Table 8: Specific Ingredient-Related Concerns:

S.No	Name of the ingredient	Possible adverse effects include	Reference
1	Guggul (<i>Commiphora wightii</i>)	Gastrointestinal upset Skin eruptions Mild liver enzyme elevation Interaction with thyroid hormones and anticoagulant drugs	20
2	Atis (<i>Aconitum heterophyllum</i>)	Although safer than other <i>Aconitum</i> species, improper purification or overdose may lead to: ☐ Tingling sensation ☐ Nausea ☐ Dizziness ☐ Cardiotoxicity in rare cases	9
3	Hing (<i>Ferula asafoetida</i>)	Excessive use may cause: Gastric irritation Flatulence Headache Blood pressure fluctuations in sensitive person	10
Contraindications and Precautions		Majoon Jograj Guggul should be used cautiously in: ☐ Pregnant and lactating women ☐ Patients with peptic ulcer disease ☐ Individuals with severe liver disorders ☐ Hyperthyroidism patients ☐ Persons taking anticoagulants or thyroid medications	
Unani Perspective		According to Unani principles, excessive use of Majoon Jograj Guggul may increase <i>Hararat</i> (heat) and dryness in the body because many ingredients possess a hot and dry temperament (<i>Haar wa Yabis Mizaj</i>). Therefore, corrective adjuvants such as milk or cooling diets are often recommended.	

9,10,20,21

Discussion:

The present review demonstrates that Majoon Jograj Guggul possesses multidimensional pharmacological activities that support its traditional therapeutic applications. Classical Unani descriptions of Muhallil-e-Waram, Muqawwi-e-Asab, and Musakkin-e-Alam

correlate strongly with anti-inflammatory, neuroprotective, and analgesic mechanisms demonstrated in modern pharmacological studies.

The synergistic combination of bioactive compounds including guggulsterones, flavonoids, phenolic compounds, and terpenoids contributes to broad-

spectrum efficacy. The formulation appears especially beneficial in chronic inflammatory and degenerative conditions where oxidative stress, immune dysregulation, and tissue inflammation coexist.

Although substantial experimental evidence exists, further randomized clinical trials and standardization studies are necessary to establish dosage, safety profile, pharmacokinetics, and molecular targets more precisely

Conclusion:

Majoon Jograj Guggul is a valuable classical Unani formulation with scientifically validated pharmacological actions including anti-inflammatory, antioxidant, anti-arthritis, neuroprotective, and hypolipidemic activities. The therapeutic concepts described in Unani medicine correlate significantly with modern biomedical understanding. Integration of traditional knowledge with evidence-based scientific research may help expand its role in integrative medicine and chronic disease management. Future clinical and molecular investigations are essential to establish its efficacy and global therapeutic acceptance.

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