

**A SURVEY ON THE MEASURING SYSTEM USED IN THE  
MANUFACTURING PROCESS OF GULI (HERBAL PILLS) IN THE  
INDIGENOUS MEDICINE WITH SPECIAL REFERENCE TO VATIKA  
PRAKARANA**

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Guli (herbal pills) and Kalka (herbal pastes) have been given a special place by practitioners in the traditional system of medicine due to their easy usage. Vatika Prakarana is a renowned book which includes many Guli and Kalka which are commonly used by both traditional and Ayurvedic physicians. It provides a lot of facts about the measuring system which has been used in the manufacturing process of the herbal medicines. This study was carried out to identify the kinds of seeds and other materials which have been used as the measuring units in the manufacturing process of Guli (herbal pills). All the 115 Guli (herbal pills) formulae mentioned in Vatika Prakarana were considered for the study. The measuring units were further analyzed based on the size and therapeutic action of the respective pills. According to the study, mostly various plant seeds have been used as the measuring unit. According to the results obtained, 25.21% of pills were size of Imbul Ata (seeds of *Salmalia malabaricum*), 22.60% were size of Gammiris Ata (seeds of *Piper nigrum*) and 20% were size of Mun Ata (seeds of *Phaseolus aureus*). 33.33% of purgative pills (vireka guli) were size of Imbul Ata (seeds of *Salmalia malabaricum*) 22.22% were size of Gammiris Ata (seeds of *Piper nigrum*) and 22.22% were size of Mun Ata (seeds of *Phaseolus aureus*). 50% of pathya guli (pills promoting digestion) were size of Mun Ata (seeds of *Phaseolus aureus*) and 38.88% of pills used in Bāla Roga (pediatrics) were size of Gammiris Ata (seeds of *Piper nigrum*). In addition to these plant seeds, Muthu Ata (size of the pearl), Palu pamana (pinch amount in between index and the thumb) and the eye of the snake have also been used to measure the size of Guli. The size of Muthu Ata (size of the pearl) has been specially used in the pediatric formulae and using the size of Mee Mal (the flower of *Madhuca indica*) is also another speciality.

Keywords: Guli, Kalka, Vatika Prakarana, Indigenous medicine