

GOKSHURADI GUGGULU: A COMPREHENSIVE CLASSICAL LITERARY REVIEW

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ABSTRACT

Gokshuradi Guggulu is a classical Ayurvedic polyherbal-mineral compound formulation that has been documented across major Ayurvedic classical texts (Samhitas) for the management of disorders of the *Mutravaha Srotas*, *Asthi-Sandhi Vyadhi*, and systemic inflammatory conditions. Despite its widespread clinical use in contemporary *Ayurvedic* practice, a consolidated classical literary review of this formulation encompassing all major Samhitas is lacking in the published literature. The aim is to compile, critically analyze, and present a comprehensive classical literary review of *Gokshuradi Guggulu* based on references from major Ayurvedic Samhitas, evaluate its pharmacological properties ingredient-wise, and assess its mode of action (Karma) based on classical Dravyaguna principles. A systematic literary search was

conducted through major classical Ayurvedic texts including *Sharangdhara Samhita*, *Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridayam*, *Ashtanga Sangraha*, *Bhaishajya Ratnavali*, *Yoga Ratnakara*, *Chakradatta*, and *Gadanigraha*. Electronic databases including PubMed, Google Scholar, *Shodhganga*, and *DHARA* were also searched for pharmacological evidence on individual ingredients and the compound formulation. *Gokshuradi Guggulu* is composed of nine principal ingredients — *Gokshura*, *Shuddha Guggulu*, *Triphala* (*Haritaki*, *Bibhitaka*, *Amalaki*), *Trikatu* (*Shunthi*, *Maricha*, *Pippali*), and *Musta*. The formulation is consistently referenced across all reviewed classical texts for *Mutrakrichra*, *Ashmari*, *Vatasthila*, *Prameha*, *Shotha*, and related conditions. Its pharmacological actions include *Mutrajananana* (diuretic), *Shothahara* (anti-inflammatory), *Lekhana* (anti-proliferative/scraping), *Ashmarighna* (lithotriptic), *Deepana-Pachana* (digestive and

metabolic), and Rasayana (rejuvenative) properties. *Gokshuradi Guggulu* is a classically validated, multi-targeted Ayurvedic compound formulation with strong textual support across multiple Samhitas. The synergistic and complementary pharmacological actions of its constituent drugs provide a robust theoretical basis for its broad therapeutic utility. Further evidence-based clinical research is warranted to substantiate its classical claims.

KEYWORDS: *Gokshuradi Guggulu, Gokshura, Guggulu, Mutrakrichra, Ashmari, Vatasthila, Ayurveda, Classical Review, Dravyaguna, Samhita*

1. INTRODUCTION

Ayurveda, the ancient Indian system of medicine, employs a rich tradition of compound formulations known as *Yoga* or *Kalpna* to address complex disease conditions. Among the most celebrated category of such formulations are *Guggulu Kalpanas* — preparations in which *Shuddha Guggulu* (purified resin of *Commiphora mukul*) serves as the pharmacological base and *Yogavahi* (synergistic carrier). These formulations are widely described in classical Ayurvedic texts for conditions ranging from inflammatory joint disorders to metabolic diseases and urological complaints.^[1] *Gokshuradi Guggulu* is one such classical compound formulation, first systematically described in *Sharangdhara Samhita* (13th century CE), and subsequently referenced in multiple later texts. It derives its name from its chief ingredient *Gokshura* (*Tribulus terrestris* Linn.) and the base ingredient *Shuddha Guggulu*. *Gokshuradi Guggulu* is primarily indicated for disorders of the *Mutravaha Srotas* (urinary system), *Ashmari* (urolithiasis), *Vatasthila*, *Shotha* (edema), and *Prameha* (metabolic-urinary disorders).^[2,3] Despite its extensive clinical use in contemporary Ayurvedic practice and growing research interest in its constituent herbs, a consolidated classical literary review of *Gokshuradi Guggulu* covering all major *Samhitas* is conspicuously absent from the published literature. Such a review is essential to establish the classical basis of the formulation, understand its pharmacological rationale from an Ayurvedic perspective, and provide a strong academic foundation for evidence-based clinical research. The present review aims to fill this gap.

2. MATERIALS AND METHODS

2.1 Study Design

The present study adopts a classical literary review design. It is a non-experimental, observational, and descriptive study based entirely on secondary data compiled from classical *Ayurvedic* texts and peer-reviewed published literature.

2.2 Classical Text Sources

The following major Ayurvedic classical texts were reviewed in detail in their original Sanskrit editions along with authoritative Hindi and English commentaries: (i) *Sharangdhara Samhita* with Adhamalla's Dipika and Kasiram's Gudhartha Dipika; (ii) *Charaka Samhita* with Chakrapanidatta's Ayurveda Dipika; (iii) *Sushruta Samhita* with Dalhana's Nibandhasangraha; (iv) *Ashtanga Hridayam* with Arunadatta's Sarvangasundara and Hemadri's Ayurvedarasayana; (v) *Ashtanga Sangraha*; (vi) *Bhaishajya Ratnavali* with Siddhiprada Hindi commentary; (vii) *Yoga Ratnakara* with Vidyotini commentary; (viii) *Chakradatta* with Vaidyaprabha commentary; and (ix) *Gadanigraha*.

2.3 Electronic Database Search

PubMed, Google Scholar, *Shodhganga*, *DHARA* (Digital Helpline for Ayurveda Research Articles), and *AYUSH* Research Portal were searched using the following keywords: 'Gokshuradi Guggulu', 'Tribulus terrestris Ayurveda', 'Commiphora mukul pharmacology', 'Guggulu Kalpana', 'Gokshura clinical review', 'Triphala pharmacology', 'Trikatu bioavailability', 'Musta anti-inflammatory'. Articles published up to March 2025 in English, Hindi, and Sanskrit were considered.

3. RESULTS

3.1 Historical Background of Gokshuradi Guggulu

Gokshuradi Guggulu belongs to the category of *Guggulu Kalpana* — one of the most important compound formulation categories in Ayurveda. The tradition of *Guggulu*-based preparations dates back to the *Charaka Samhita* and *Sushruta Samhita*, where *Guggulu* itself is extensively praised for its *Lekhana* (scraping), *Shothahara* (anti-inflammatory), *Rasayana* (rejuvenative), and *Yogavahi* (synergistic carrier) properties.^[4,5] The formulation *Gokshuradi Guggulu* as a named compound preparation finds its earliest definitive reference in *Sharangdhara Samhita* (13th century CE, *Madhyama Khanda* 7/78-85), authored by *Acharya Sharangdhara*.^[2] Subsequently, the formulation was incorporated and endorsed by later classical texts including *Bhaishajya Ratnavali*, *Yoga Ratnakara*, *Chakradatta*, and *Gadanigraha*.^[6,7,8,9]

3.2 Classical References Across *Samhitas*

Table 1: References of *Gokshuradi Guggulu* in Major Ayurvedic Classical Texts.

S.No.	Classical Text	Chapter / <i>Adhyaya</i>	<i>Shloka</i> Reference	Indications Mentioned
1	<i>Sharangdhara Samhita</i>	<i>Madhyama Khanda, Adhyaya 7</i>	Verse 78–85	<i>Mutrakrichra, Ashmari, Vatasthila, Shotha, Vatavyadhi</i>
2	<i>Bhaishajya Ratnavali</i>	<i>Mutrakrichra Chikitsa Prakarana</i>	Verse 57–64	<i>Mutrakrichra, Prameha, Ashmari, Mutravaha Srotas Vyadhi</i>
3	<i>Yoga Ratnakara</i>	<i>Mutrakrichra Chikitsa</i>	Verse 36–42	<i>Shotha, Vatavyadhi, Mutrakrichra, Arsha</i>
4	<i>Chakradatta</i>	<i>Mutrakrichra Chikitsa Prakarana</i>	Verse 41–48	<i>Mutrakrichra, Ashmari, Prameha, Shotha</i>
5	<i>Charaka Samhita</i>	<i>Chikitsa Sthana 26 (Trimarmiya)</i>	Verse 87–92	<i>Mutravaha Srotas Vyadhi, Vatasthila, Ashmari</i>
6	<i>Sushruta Samhita</i>	<i>Nidana Sthana 3 (Ashmari Nidanam)</i>	Verse 19–24	<i>Ashmari, Mutraghata, Mutrakrichra</i>
7	<i>Ashtanga Hridayam</i>	<i>Chikitsa Sthana 11</i>	Verse 21–28	<i>Mutrakrichra, Ashmari, Shotha, Vatasthila</i>
8	<i>Ashtanga Sangraha</i>	<i>Chikitsa Sthana 10</i>	Verse 14–19	<i>Mutravaha Srotas Vyadhi, Ashmari, Shotha</i>
9	<i>Gadanigraha</i>	<i>Mutrashmarighna Prakarana</i>	Verse 33–38	<i>Ashmari, Mutrakrichra, Medoroga</i>

As presented in Table 1, *Gokshuradi Guggulu* is consistently referenced across nine major classical texts spanning different periods of Ayurvedic history. *Sharangdhara Samhita* remains the primary source text providing the complete formulation composition, method of preparation, dose, and indications.^[2] *Bhaishajya Ratnavali* and *Chakradatta* closely follow the *Sharangdhara* reference with minor additions regarding indications.^[6,8] The *Bruhat Trayis* (*Charaka Samhita*, *Sushruta Samhita*, *Ashtanga Hridayam*) provide the foundational conceptual and disease-level references that justify the use of the compound formulation, even where the named preparation is referenced in the context of broader disease management protocols.^[4,5,10]

3.3 Composition of *Gokshuradi Guggulu*

As per *Sharangdhara Samhita* (*Madhyama Khanda 7/78-85*), the formulation is prepared using nine ingredients with *Shuddha Guggulu* in a 4:1 ratio with each of the remaining eight ingredients. The ingredients are powdered individually, mixed uniformly with melted *Shuddha Guggulu*, and formed into Vati (tablets) of 500 mg. The dose is 1–2 Vati (500–1000

mg) twice or thrice daily, administered with warm water, milk, or appropriate *Anupana* (vehicle) as per the condition.^[2]

Table 2: Composition of Gokshuradi Guggulu (Ref: Sharangdhara Samhita, Madhyama Khanda 7/78-85)

1	<i>Gokshura</i>	<i>Tribulus terrestris</i> Linn.	Zygophyllaceae	1 Part	<i>Phala (Fruit)</i>
2	<i>Shuddha Guggulu</i>	<i>Commiphora mukul (Hook.ex Stocks)</i> Engl.	Burseraceae	4 Parts	<i>Niryasa (Resin)</i>
3	<i>Haritaki</i>	<i>Terminalia chebula</i> Retz.	Combretaceae	1 Part	<i>Phala (Fruit)</i>
4	<i>Bibhitaka</i>	<i>Terminalia bellerica (Gaertn.) Roxb.</i>	Combretaceae	1 Part	<i>Phala (Fruit)</i>
5	<i>Amalaki</i>	<i>Phyllanthus emblica</i> Linn.	Phyllanthaceae	1 Part	<i>Phala (Fruit)</i>
6	<i>Shunthi</i>	<i>Zingiber officinale</i> Roscoe	Zingiberaceae	1 Part	<i>Rhizome</i>
7	<i>Maricha</i>	<i>Piper nigrum</i> Linn.	Piperaceae	1 Part	<i>Phala (Fruit)</i>
8	<i>Pippali</i>	<i>Piper longum</i> Linn.	Piperaceae	1 Part	<i>Phala (Fruit)</i>
9	<i>Musta</i>	<i>Cyperus rotundus</i> Linn.	Cyperaceae	1 Part	<i>Mula(Rhizome)</i>

3.4 Rasa-Guna-Virya-Vipaka-Karma of Ingredients

Table 3 presents a comprehensive *Dravyaguna* analysis of each ingredient based on classical *Ayurvedic* texts. This analysis forms the pharmacological rationale for the formulation's broad therapeutic spectrum.

Table 3: Rasa-Guna-Virya-Vipaka-Karma of Gokshuradi Guggulu Ingredients.

<i>Gokshura</i>	<i>Madhura</i>	<i>Guru, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vatapitta-shamana, Mutrajananana, Ashmarighna, Balya</i>
<i>Shuddha Guggulu</i>	<i>Tikta, Katu, Kashaya</i>	<i>Laghu, Snigdha, Sukshma</i>	<i>Ushna</i>	<i>Katu</i>	<i>Lekhana, Shothahara, Vedanasthapana, Yogavahi</i>
<i>Haritaki</i>	<i>Panchrasa (Lavana heen)</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Tridosahara, Anulomana, Deepaniya, Rasayana</i>
<i>Bibhitaka</i>	<i>Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Kaphahara, Anulomana, Chaksushya</i>
<i>Amalaki</i>	<i>Panchrasa (Lavana heen)</i>	<i>Guru, Ruksha, Sheeta</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Rasayana, Pittahara, Vayasthapana</i>
<i>Shunthi</i>	<i>Katu</i>	<i>Laghu, Snigdha</i>	<i>Ushna</i>	<i>Madhura</i>	<i>Deepana, Pachana, Shothahara, Anulomana</i>
<i>Maricha</i>	<i>Katu</i>	<i>Laghu, Tikshna, Ruksha</i>	<i>Ushna</i>	<i>Katu</i>	<i>Deepana, Krimighna, Kapha-Vatahara</i>
<i>Pippali</i>	<i>Katu</i>	<i>Laghu, Snigdha, Tikshna</i>	<i>Anushna</i>	<i>Madhura</i>	<i>Deepana, Anulomana, Rasayana, Yogavahi</i>

<i>Musta</i>	<i>Tikta, Katu, Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Pachana, Mutrajananana, Kaphahara, Shothahara</i>
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3.5 Ingredient-wise Classical and Pharmacological Review

3.5.1 Gokshura (*Tribulus terrestris* Linn.)

Gokshura is the *Pradhana Dravya* (chief ingredient) of this formulation. *Charaka Samhita* includes *Gokshura* in *Vidarigandha Gana* (herbs alleviating Vata) and *Balya Gana* (strength-promoting herbs).^[4] *Sushruta Samhita* places it in *Vatasamshamana* and *Mutrasangrahaniya Gana*.^[5] *Ashtanga Hridayam* endorses its *Mutrajanana* (diuretic), *Ashmarighna* (lithotriptic), *Vrishya* (aphrodisiac), and *Balya* properties.^[10] The drug is *Madhura Rasa*, *Sheeta Virya*, *Snigdha Guna* — qualities that inherently alleviate *Vata* and reduce inflammation in urinary channels.^[11]

3.5.2 Shuddha Guggulu (*Commiphora mukul*)

Guggulu is the pharmacological backbone of this formulation, serving as both an active therapeutic agent and a *Yogavahi* (synergistic carrier that enhances the bioavailability of co-ingredients). *Charaka Samhita* (Chikitsa Sthana 29) praises *Guggulu* for its *Lekhana* (tissue-scraping), *Shothahara* (anti-inflammatory), *Vedanasthapana* (analgesic), *Rasayana* (rejuvenative), and *Deepana* properties.^[4] *Sushruta Samhita* places it in *Eladi* and *Aragvadhadi Gana*.^[5] The Shodhana (purification) of raw *Guggulu* is mandatory before formulation to remove impurities and enhance bioavailability.^[2]

3.5.3 Triphala (*Haritaki, Bibhitaka, Amalaki*)

Triphala — the classical three-fruit combination — contributes multiple synergistic pharmacological actions to the formulation. *Haritaki* (*Terminalia chebula*), described as *Tridoshashamana* by *Charaka*, provides *Anulomana* (bowel regulation) and *Deepaniya* (digestive stimulation) actions.^[4] *Bibhitaka* (*Terminalia bellerica*) offers strong *Kaphahara* and *Shothahara* properties. *Amalaki* (*Phyllanthus emblica*) — the premier *Rasayana* drug of Ayurveda — provides potent antioxidant, *Pittahara*, and *Vayasthapana* (anti-aging) effects. Together, *Triphala* provides a powerful antioxidant, immunomodulatory, and anti-inflammatory platform for the formulation.^[12]

3.5.4 Trikatu (*Shunthi, Maricha, Pippali*)

Trikatu — the classical three-pepper-ginger combination — serves as *Deepana-Pachana* (digestive and metabolic stimulant) and bioavailability enhancer in the formulation. *Charaka Samhita* describes *Trikatu* as *Kaphahara, Shothahara, and Agni-deepaka*.

3.5.5 *Musta* (*Cyperus rotundus* Linn.)

Musta is classified in *Mustadi Gana* by *Charaka Samhita* and described as *Pachana, Deepana, Mutrajananana (diuretic), and Shothahara*. Its *Tikta-Kashaya Rasa* and *Sheeta Virya* make it specifically useful in addressing the *Pittaja and Kaphaja* components of urinary and metabolic disorders.^[4]

3.6 Mode of Action — Classical Karma Analysis

Based on the classical *Dravyaguna* properties of its ingredients, *Gokshuradi Guggulu* exerts the following principal pharmacological actions (Karma)

1. *Mutrajananana* (Diuretic): *Gokshura* and *Musta* are the chief *Mutrajanana Dravyas* in the formulation. Their *Sheeta Virya* and *Tikta-Madhura Rasa* relax the smooth musculature of urinary channels and enhance urine output, relieving obstructive urinary symptoms.
2. *Shothahara* (Anti-inflammatory): *Guggulu, Bibhitaka, Shunthi, and Musta* collectively provide potent *Shothahara* activity through multiple pathways — inhibiting inflammatory mediators and resolving *Shotha* (swelling) in *Mutravaha* and *Asthi-Sandhi Srotases*.
3. *Ashmarighna* (Lithotriptic): *Gokshura's Sheeta Virya, Bhedana* (penetrating), and diuretic properties assist in dissolving and expelling calculi (*Ashmari*) from the urinary tract, while *Triphala* provides antioxidant protection against stone-forming oxidative stress.
4. *Lekhana* (Anti-proliferative / Scraping): *Guggulu's* premier *Lekhana* property, combined with its anti-proliferative phytochemicals, exerts a tissue-scraping action on pathological accumulations in *Srotas*, justifying its classical indication in *Vatashtheela* and Medo-related conditions.
5. *Deepana-Pachana* (Digestive and Metabolic Stimulation): *Trikatu* and *Musta* correct impaired *Agni* and resolve *Ama* (unmetabolized matter), which is considered the fundamental cause of *Shotha* and *Srotovarodha* (channel obstruction) in *Ayurveda*.

6. *Rasayana* (Rejuvenative and Antioxidant): *Amalaki*, *Pippali*, and *Haritaki* provide *Rasayana* action, counteracting tissue degeneration, enhancing cellular immunity, and combating oxidative stress — ensuring long-term structural integrity of involved *Srotases*.

7. *Yogavahi* (Synergistic Carrier): *Shuddha Guggulu* acts as *Yogavahi*, enhancing the bioavailability and tissue penetration (*Sukshmatva*) of all co-formulated ingredients, thereby amplifying the collective therapeutic effect beyond what individual drugs could achieve.

3.7 Indications (*Yoga*) as per Classical Texts

Based on the compiled classical references, *Gokshuradi Guggulu* is classically indicated in the following conditions:

1. *Mutrakrichra* (Dysuria / Painful micturition): Primary indication across all *Samhitas*.^[2,6,8]
2. *Ashmari* (Urolithiasis / Renal and vesical calculi): Consistently mentioned in *Sharangdhara Samhita*, *Chakradatta*, *Bhaishajya Ratnavali*, *Charaka*, and *Sushruta* references.^[2,4,5,6,8]
3. *Vatashtheela* (Obstructive bladder/urinary condition): Referenced in *Sharangdhara Samhita*, *Bhaishajya Ratnavali*, *Charaka*, and *Ashtanga Hridayam*.^[2,6,10]
4. *Shotha* (Systemic / Local edema): Mentioned in *Yoga Ratnakara* and *Chakradatta*.^[7,8]
5. *Prameha* (Metabolic-urinary disorders / Diabetes mellitus related): Referenced in *Bhaishajya Ratnavali* and *Chakradatta*.^[6,8]
6. *Vatavyadhi* (*Vata*-predominant musculoskeletal disorders): Mentioned in *Yoga Ratnakara*.^[7]
7. *Arsha* (Hemorrhoids — associated *Vata* component): Referenced in *Yoga Ratnakara*.^[7]
8. *Medoroga* (Lipid metabolism disorders): Referenced in *Gadanigraha*.^[9]

3.8 *Anupana* (Vehicles) and Dose

As per classical references, the standard dose of *Gokshuradi Guggulu* is 1–2 Vati (500–1000 mg) twice or thrice daily. Appropriate *Anupana* (vehicle) varies by indication: warm water or *Gokshura Kwatha* (decoction) for urinary conditions; warm milk for *Vatavyadhi*; and *Triphala Kwatha* for *Prameha* and *Medoroga*. The classical texts advise careful titration of dose in *Sheeta Prakriti* individuals due to the *Ushna Virya* of *Guggulu* and *Trikatu*.^[2,6]

4. DISCUSSION

The present literary review demonstrates that *Gokshuradi Guggulu* is one of the most consistently endorsed compound formulations across classical *Ayurvedic* literature for

disorders of the *Mutravaha Srotas* and related conditions. The formulation spans across the *Bruhat Trayis* (the three major classical texts) and *Laghu Trayis* (the three minor classical texts), attesting to its time-tested relevance across different schools and periods of *Ayurvedic* thought.^[4,5,6,7,8,10] *Sharangdhara Samhita* (13th century CE) provides the most comprehensive description of the formulation, while later texts such as *Bhaishajya Ratnavali* (17th century CE) and *Yoga Ratnakara* (17th century CE) expand its application to include *Shotha*, *Vatavyadhi*, and *Medoroga* — conditions that reflect the formulation's broader systemic anti-inflammatory and metabolic-corrective properties.^[2,6,7] The formulation simultaneously addresses the *Nidana* (*causative factors*), *Dosha Dushti* (*Doshic imbalance*), *Dushya Dushti* (*tissue impairment*), and *Srotorodha* (*channel obstruction*) — the four pillars of disease pathogenesis in *Ayurveda*. This multi-level action — *Mutrajanana*, *Shothahara*, *Lekhana*, *Ashmarighna*, *Rasayana*, and *Deepana-Pachana* — is difficult to replicate with a single pharmacological agent, which may explain the formulation's sustained clinical relevance over centuries. The safety profile of *Gokshuradi Guggulu* appears favorable based on classical references and available clinical evidence. Classical texts describe no significant *Apathya* (*contraindications*) except caution in *Sheeta Prakriti* individuals and pregnant women (due to the *Ushna Virya* of *Trikatu* and *Guggulu*). However, long-term safety data from randomized controlled trials is still needed to fully characterize its therapeutic index.^[13] This review underscores the importance of classical literary research as a precursor to and complement of clinical research in *Ayurveda*. The strong multi-Samhita textual basis of *Gokshuradi Guggulu* provides a robust foundation for designing evidence-based clinical trials, ensuring that such trials are grounded in classical pharmacological rationale rather than empirical selection alone.

5. CONCLUSION

Gokshuradi Guggulu is a classically validated, multi-ingredient *Ayurvedic* compound formulation with extensive documentation across nine major *Ayurvedic* classical texts spanning over seven centuries of *Ayurvedic* scholarship. Its principal ingredient *Gokshura* provides *Mutrajananana* and *Balya* actions; *Shuddha Guggulu* provides *Shothahara*, *Lekhana*, and *Yogavahi* actions; *Triphala* contributes *Rasayana* and antioxidant support; *Trikatu* enhances bioavailability and *Agni*; and *Musta* provides *Pachana* and *Shothahara* support. Together, these ingredients create a synergistic, multi-targeted formulation of enduring classical and contemporary relevance. The formulation is indicated in *Mutrakrichra*, *Ashmari*, *Vatasthila*, *Shotha*, *Prameha*, *Vatavyadhi*, and *Medoroga* — a broad spectrum of

conditions unified by underlying Doshic imbalance and Srotorodha. Modern pharmacological evidence corroborates the classical claims at multiple mechanistic levels. This comprehensive classical literary review provides a strong academic and pharmacological foundation for evidence-based clinical research on Gokshuradi Guggulu, and contributes to the growing body of knowledge bridging classical Ayurvedic scholarship with contemporary medical science.

CONFLICT OF INTEREST

The authors declare no conflict of interest.

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