

EFFICACY OF GOKSHURADI GUGGULU IN PRAMEHA (TYPE 2 DIABETES MELLITUS): A CASE STUDY"

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ABSTRACT

Diabetes mellitus poses a significant global health challenge due to its escalating prevalence and associated complications. Ayurveda, with its holistic approach, offers potential alternatives to conventional management strategies. This study aimed to evaluate the efficacy of Gokshuradi Guggule, a traditional Ayurvedic formulation, in the management of Type 2 Diabetes Mellitus (DM). A single-arm interventional clinical trial was conducted at Government Ayurvedic College and Hospital, Ghy-14, involving 30 participants. The primary objective was to assess the impact of Gokshuradi Guti on fasting blood glucose, postprandial blood glucose, and HbA1c levels over a 3-month period. The study included comprehensive data collection and analysis using standard statistical methods. The findings suggest promising outcomes

that warrant further investigation into the therapeutic potential of Gokshuradi Guti in diabetes management.

KEYWORDS: Ayurveda, Gokshuradi Guti, Type 2 Diabetes Mellitus, clinical trial.

INTRODUCTION

Diabetes mellitus, a global disease impacting millions of people, presents a tremendous challenge to modern healthcare due to its numerous consequences and rising prevalence. Diabetes, which is characterised by persistent hyperglycemia, predisposes people to microvascular damage such as retinopathy, nephropathy and neuropathy, as well as an increased risk of macrovascular disorders such as ischemic heart disease and stroke.

These variables, taken together, reduce both the life expectancy and the quality of life for those afflicted.

The Diabetes Atlas 2019^[1] data shows concerning trends that highlight the burden of diabetes: one in eleven persons worldwide between the ages of 20 and 79 have diabetes, with half of those cases going undiagnosed.^[2] Diabetes now affects 77 million people in India alone; by 2045, that figure is predicted to rise to 134.2 million.^[3] The increasing frequency highlights the pressing requirement for efficient management approaches, particularly in the field of complementary and alternative medicine.

Ayurveda, while recognised for its ability to fit with current medical norms, confronts obstacles due to a lack of documentation and scientific confirmation of its therapies. As a result, many parts of Ayurvedic practice remain veiled. The purpose of this study is to discover and describe new insights into the treatment of Madhumeha (Type II Diabetes mellitus) with Gokshuradi Gutti. By assessing the efficacy of this traditional combination, we want to close the gap between old wisdom and modern medical expectations. This study aims to give useful empirical data by providing light on the therapeutic potential of Ayurvedic therapies in addressing a common and complicated global health concern such as diabetes mellitus.

AIM AND OBJECTIVE OF THE STUDY

Aim: To assess the efficacy of Gokshuradi guggulu in management of Diabetic mellitus.

Primary Objective: Assessment of the efficacy of Gokshuradi guggulu is effective in management of Diabetic mellitus Special reference to glucose and HbA1c levels.

MATERIALS AND METHODS

A single-arm interventional clinical trial was conducted at YMT Ayurvedic College and Hospital, Comprehensive data on patient including demographic and clinical profiles, were meticulously recorded and analyzed for the study.

Clinical Case Presentation

Patient Profile

- Age: 42 years
- Sex: male
- Chief Complaints

- Weight loss
- Polyuria (frequent urination)
- Polydipsia (excessive thirst)
- Polyphagia (increased hunger)
- Anorexia (loss of appetite)

History of Present Illness

The patient reports being well until 5 years ago, when they started experiencing the above symptoms. The gradual onset of these complaints suggests a possible underlying chronic condition.

Possible Differential Diagnoses

1. ***Diabetes Mellitus***: The combination of polyuria, polydipsia, polyphagia, and weight loss is highly suggestive of diabetes mellitus.
2. ***Other possibilities***: Other conditions that may present with similar symptoms include thyroid disorders, malignancies, or malabsorptive disorders.

Relevant Questions to Ask

1. ***Family History***: Is there a family history of diabetes or other endocrine disorders?
2. ***Diet and Lifestyle***: What are the patient's dietary habits and lifestyle like?
3. ***Medications***: Is the patient taking any medications that could be contributing to the symptoms?
4. ***Additional Symptoms***: Are there any other symptoms, such as fatigue, blurred vision, or slow healing of wounds?

Physical Examination and Investigations

A thorough physical examination and investigations, including:

1. ***Blood glucose levels***: Fasting and post-prandial blood glucose levels to diagnose diabetes mellitus.
2. ***HbA1c***: To assess glycemic control over the past 2-3 months.
3. ***Urine analysis***: To check for glycosuria (glucose in the urine).
4. ***Thyroid function tests***: To rule out thyroid disorders.

CONCLUSION AND DISCUSSION

The patient's complaints of weight loss, polyuria, polydipsia, polyphagia, and anorexia have significantly reduced after 3 months of treatment with Gokshuradi Guggule, an Ayurvedic formulation. Moreover, the patient's HbA1c level has decreased from 9.9% to 7.4%, indicating improved glycemic control.

Effectiveness of Gokshuradi Guggule

The significant reduction in HbA1c level and improvement in symptoms suggest that Gokshuradi Guggule is effective in the management of Diabetes Mellitus. This Ayurvedic formulation may have contributed to the patient's improved glycemic control and reduced symptoms.

Implications

1. **Alternative treatment option**: Gokshuradi Guggule may be considered as an alternative or complementary treatment option for Diabetes Mellitus.
2. **Potential benefits**: The use of Gokshuradi Guggule may offer potential benefits, such as reduced risk of long-term complications associated with Diabetes Mellitus.

Future Directions

1. **Further research**: Further studies are needed to confirm the efficacy and safety of Gokshuradi Guggule in the management of Diabetes Mellitus.
2. **Integration with conventional treatment**: Gokshuradi Guggule may be integrated with conventional treatment approaches to provide a comprehensive management plan for Diabetes Mellitus.

CONCLUSION

In conclusion, the case study suggests that Gokshuradi Guggule is effective in the management of Diabetes Mellitus, as evidenced by the significant reduction in HbA1c level and improvement in symptoms. Further research is needed to confirm these findings and explore the potential benefits of this Ayurvedic formulation.

RESULT

The patient showed significant improvement in symptoms and glycemic control after 3 months of treatment with Gokshuradi Guggule. The HbA1c level decreased from 9.9% to 7.4%, indicating effective management of Diabetes Mellitus. The patient's complaints of

weight loss, polyuria, polydipsia, polyphagia, and anorexia were significantly reduced, suggesting that Gokshuradi Guggule is an effective treatment option for Diabetes Mellitus.