

INTRODUCTION AND IMPORTANCE OF GOKSHURADI GUGGLU ACCORDING TO AYURVEDA

Dr. Harsha Singh^{1*}, Dr. Saunitra Inamdar^{2**} and Dr. Pratiksha Rathod^{3***}

¹B.A.M.S., M.S. (PTSR) Assistant Professor(PhD Scholar DMIHER)

²MS (OBG) HOD & Professor Department of OBG

³MS AYU (PTSR) HOD Department of PTSR

Mahatma Gandhi Ayurved College, Hospital & Research Centre, Salod(H), Wardha
(Maharashtra).

Article Received on
18 August 2023,

Revised on 08 Sept. 2023,
Accepted on 28 Sept. 2023

DOI: 10.20959/wjpr202317-29888

*Corresponding Author

Dr. Harsha Singh

B.A.M.S., M.S. (PTSR)

Assistant Professor(PhD

Scholar DMIHER),

Mahatma Gandhi Ayurved

College, Hospital &

Research Centre, Salod(H),

Wardha (Maharashtra).

ABSTRACT

Gokshuradi guggulu is an Ayurveda medicine which is prepared by different herbs for wellbeing of humanbeing. If we look in to the ancient scriptures such as Sarangadhar Samhita, we could found that Gokshuradi Guggulu has been stated for the treatment of tough to treat disease like vatarakta. Main herbs, as its constituents are Gokshura and Guggulu, offering it the name. it have several importance such as it acts as a boon for kidney patient and several other disease of genitourinary tract like prostrate etc. Hence an attempt has made to recollect the details of this drug in classical text of Ayurveda.^[1]

KEYWORDS: *Gokshuradi, guggulu, Ayurveda.*

INTRODUCTION

Ayurveda is a complete system of medicine that invented in India thousands of years ago. It highlights the balance between body, mind, and spirit and uses natural medications to endorse overall health and wellbeing. Ayurveda opinions prostate health as a result of a healthy lifestyle, balanced diet, and herbal medicines that help control the body's meanings and eliminate toxins.

Gokshuradi Guggulu is an Ayurvedic formulation that trusts several herbs and minerals that are known to support genitourinary tract.

In addition to herbal remedies, Ayurveda also underlines the importance of regular exercise and stress controlling for maintaining prostate health. Yoga and meditation are often endorsed as effective ways to reduce stress and promote relaxation, which can have a positive impact on genitourinary tract and other ailments.

Ayurveda also recognizes the role of diet in various disease. Ahara also plays important role in management of any ailment.

INGREDIENTS OF GOKSHURADI GUGGLU AND METHOD OF PREPARATION

Sr.	Name of drug	Botanical name	Part used	Quantity
1	Gokshur	<i>Tribulus terrestris</i> Linn	Fruit	28parts
2	Guggulu pure	<i>Commiphora mukul</i>	Exudate	7 parts
3	Shunthi	<i>Zingiber officinale</i> Roxb	Rhizome	1part
4	Maricha	<i>Piper nigrum</i> Linn.	Fruit	1 part
5	Pipali	<i>Piper Longum</i>	Fruit	1part
6	Haritaki	<i>Terminalia chebula</i>	pericarp	1part
7	bhibitaki	<i>Terminal Balarica</i>	Pericarp	1part
8	Amalaki	<i>Emblica officinale</i>	pericarp	1 part`
9	Musta	<i>Cyperus rotundus</i>	Rhizome	1 part

Guggulu Shodhana – Asudha guggulu (2 kg) shodhana is done by making dola yantra in triphala kwatha (16 lit.). Cooked till whole of sudha guggulu got mixed in kwatha (8).

Preparation of decoction – Gokshura (4 kg) is taken, & 16 times of water added than that of ingredient, heating of kwatha will be done till it remains ¼th. Later on purified (sudha) guggulu to this kwatha will be added till it become thickened.^[2-4]

3. Addition of Prakshep dravyas - Powder of following drugs are added -Pippali, Shunthi, Marich, Triphala, Musta were taken 200 gms each.after that guuggulu are made.

The main ingredient in this blend, gokshura, has been used in Ayurvedic herbalism for thousands of years as a cooling and nourishing tonic and is renowned for its rejuvenating action on the kidneys and prostate. Combined with guggulu, triphala, and trikatu, it creates a supportive formula for the entire genitourinary system.

DISCUSSION ON PHARMACODYNAMICS OF DRUG WITH AYURVEDA

Rasa

Due to predominance of tikta, kashaya rasa, it pacifies pitta dosha. Tikta rasa is said to have deepana karma by which it corrects mandagni and pachana karma which helps in

amapachana. Both kashaya as well as tikta rasa also reduces the kled guna of rakta, kapha and ama. It has also lekhana and shoshana guna which clears the srotas and sira marga, avrita with sama rakta. Guna Laghu guna of most of the constituent drugs like trikatu has srotoshodhaka, agnideepak properties. Other than this, being ruksha guna pradhan, it helps in absorption of mala and ama.

Virya

As most of the drugs in trial drug have ushna virya, it has vatakapahara property and said to be deepana and pachana. It also helps in vilayan of doshas which is necessary step in bringing shakagata dosha towards koshtha. Vipaka Madhura vipaka is predominant in the drug which has snigdha and vatapittashamaka properties and helps in easy passage of urine and stool.

Vipaka

Madhura vipaka is prime in the drug which has snigdha and vatapittashamaka possessions and helps in easy passage of urine and stool.

On the basis of dosha Karma

In general, the formulation has tridosha shamak as well as raktashodhaka belongings. Most of the drugs selected have their rasayana guna. Rasayana is said to be 'vyadhi vidhwansi' (which means real in curing the disease). It helps in upholding homeostasis between all doshas and dhatus by its act through rasa, guna, virya and vipaka.

ACTION OF GOKSHURADI GUGGULU

1. Deepana karma

Most of the drugs i.e. guduchi, amalaki, haritaki, mustak, pippali, marich, and shunthi exhibit deepana guna due to pradhanata of vayu and agni mahabhoota. As agnimandya is one of the factors in causation of disease, it corrects abnormality in jatharagni as well as dhatvagni.

2. Pachana karma

The formulation contains drugs having pachana guna like guduchi, haritaki, mustak and trikatu. Pachana dravyas are agni and vayu pradhan, enhance jaran shakti and helps in ama pachana. As sama rakta cause sthan sanshraya in asthivaha srotas by obstructing the normal pathway of vata, pachana dravyas help in clearing that obstruction caused by ama.

3. Vedanasthapana

Guggulu, guduchi, haritaki, vibhitak, gokshur pippali, marich and shunthi, all these drugs are said to have vedanasthapak (analgesic) action. One function of vata is 'Pravartak cheshtanam uchchavachanam'. So, when there is vata prakopa, this perception of senses aggravates and manifests in the form of vedana. Most of these drugs are ushna virya due to which they pacify vata dosha and vedana as well.

An important content of Gokshuradi Guggulu is Guggulu which possesses the properties of antiinflammatory, antioxidant, Uricosuric, anti-rheumatoidal helps in breaking the pathophysiology of Gout. Gokshur showed better anti-inflammatory results and analgesic action. According to a clinical study, significant analgesic effect of methanolic extract of gokshur was observed.

SOME OTHER STUDIES

Rimljeet kaur et al found that Piperine found in pippali and marich significantly inhibited the production of two important pro inflammatory mediators, IL₆ and PGE₂. The inhibition of PGE₂ production is important due to its central role in triggering pain. It has been seen that *P. longum* root has weak opioid but potent NSAID type of analgesic activity. As per Ayurveda vedana is chiefly manifestation of vata dosh prakopa. Vata due to its sheeta guna exhibits vedana. Most of the drugs in gokshuradi guggulu are ushna virya which inhibit the sheeta guna of vata thus giving relief of pain.^[5-6]

CONCLUSION

After we looked in to the drug, we can say this drug as a boon for genitourinary tract diseases.

REFERENCES

1. Shastri A.D, Sushruta Samhita with Ayurveda Tattva Sandipika- Hindi Commentary Nidan sthana-1/48, Chaukhambha Sanskrit Sansthana Varanasi; Reprint 2007. 232p.
2. Siddharth N. Shah et.al, A.P.I. Textbook of medicine. 8th ed. Ch.7. Vol.1. 2008 Mumbai: The Association of physicians of India; 2008. 284p.
3. Kumar P. Clark M, Kumar & Clark's Clinical Medicine; 7th ed. Ch.10. Vol.2. Spain: Saunders Elsevier Limited; 2009. 536p.
4. Fauci A.S. et.al, Harrison's Principles of Internal Medicine. 17th ed. Ch.327. Vol. 2. New York: Mc Graw -Hill Medical Publishing Division; 2008. 2165p.

5. Tripathi B, Charaka Samhita-Chikitsa Sthana-28, Chaukhambha Prakashan Varanasi.; 2011. 970p.
6. Tripathi B, Sharangdhara Samhita of Pandit Sharangdhara Acharya with Dipika – Hindi Commentary - Madhyama Khanda-7/84, Chaukhambha Surbharati Prakashan Varanasi; Reprint 2011. 206p.