

# Clinical Evaluation of Gokshuradi Guggulu in the Management of Mutrakrichra (Dysuria): A Prospective Clinical Study

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**Abstract**—This study evaluates the clinical efficacy of *Gokshuradi Guggulu* in managing *Mutrakrichra* (Dysuria). A prospective clinical trial was conducted on 20 patients at the National Institute of Ayurveda, Jaipur. Results indicate that the formulation is highly effective in reducing painful urination, normalizing urinary flow, and mitigating inflammatory markers. The treatment achieved an average moderate improvement of 67.84% across all clinical variants.

There currently exists no safe medication for dysuria in modern medicine. The urinary tract is negatively impacted by medications used to treat a variety of illnesses. On the other hand, dysuria can be treated with a variety of safe ayurvedic medications. However, as of right now, there isn't a true examination of how they affect the disease. "*Gokshuradi Guggulu*" is described in the Shastras that are recommended for the treatment of dysuria. *Acharya Sharangdhar* states that *Gokshuradi Guggulu* is beneficial for dysuria.

The same yoga is known as *Trikantaka* and is referred to as *Guggulu* in the *Yoga Ratnakara*. Thus, the theme "of cow's milk and other *Guggulu* in urinary difficulties Therapeutic Studies" was chosen.

**Index Terms**—*Gokshuradi Guggulu*, *Mutrakrichra*, *Dysuria*, *Trikantaka*.

## I. INTRODUCTION

हन्यात्प्रमेहं कृच्छ्रं च प्रदरं मूत्रघातकम् ।

वातासं वातरोगांश्च शुक्रे दोषं तथाऽश्मरीम् ॥ (शा.सं.अ.7)

In *Ayurveda*, *Mutrakrichra* refers to a condition where urine is secreted with significant pain and difficulty. *Acharya Charaka* attributes this to the vitiation of *Tridoshas* which obstruct the *Mutravaha*

*Srotas* (urinary channels). While modern science often views dysuria as a symptom, Ayurveda classifies it as a primary disease entity. This study explores *Gokshuradi Guggulu* as a holistic and safe alternative to modern pharmacological interventions.

## II. MATERIAL AND METHODS

- Study Setting: National Institute of Ayurveda Hospital, Jaipur.
- Sample Size: 20 patients diagnosed with *Mutrakrichra*.
- Intervention: *Gokshuradi Guggulu* (1g TID) for 30 days administered with water.
- Drug Composition: Prepared as per *Sharangdhara Samhita* using *Laghu Gokshura*, *Shuddha Guggulu*, *Triphala*, *Trikatu*, and *Mustaka*.

## III. YOGA ANALYSIS

For the therapeutic study of Urinary Tract Disease, after observing the medicines prescribed by the scriptures under the Ayush Yoga, a medicine named "*Gokshuradi Guggulu*" mentioned in Madhyam Section Chapter 7 of *Shanurdhar Samhita* was selected. *Gokshuradi Guggulu* is also mentioned in *Yogaratanakar* by the name of *Trikantakadi Guggulu*. There is no difference between components and methods. For medical study, the drug combination "*Gokshuradi Guggulu*" has been taken for the treatment and dissolution of urinary dysentery. According to the properties of the constituent

substances present in this combination, this combination performs the following functions -

1. *Tridoshashamak*
2. Diuretic
3. Vata-anal
4. Inflammation
5. Littoral
6. Colon-relieving
7. Deepening
8. Digestion
9. Nerve-balya
10. Chemical
11. Source-relieving
12. Pain-removal
13. Common digestive

14. Disorder-removal
15. Vermin-destroyer

"*Gokshuradi Guggulu*" having the above mentioned properties will be beneficial in *Muritrakchhra* disease and will be available to the patient at a low cost. Also, the patient will easily accept this combination, keeping this in mind, this combination has been selected for the treatment of the disease. Along with this, the basis for the selection of this combination has been the knowledge of its effectiveness and benefits and doing a statistical analysis on different types of the *Muritrakchhra* disease. Normally hot and ordinary water has been used.

Ingredient		Quantity
Kwath substance	Laghu Gokshura (fruit)	10 kg
Main substance	Guggulu (extract)	2.5 kg
Projection substance	Haritaki (fruit pith)	350 gm
	Amalaki (fruit pith)	350 gm
	Vibhitaka (fruit pith)	350 gm
	Shunthi (root)	350 gm
	Mrich (fruit)	350 gm
	Pippali (fruit)	350 gm
	Mustak (root)	350 gm
	Ghee	1 kg

#### IV. SAMPRAPTI AND MODE OF ACTION

On critically studying the medicine combinations, mainly *Gokshura* goes to the urinary tract with its purifying, *Ashmari*-destroyer and diuretic effects and purifies the tract by increasing the amount of urine formation and tendency in the urinary tract. Due to its stone-breaking property, it penetrates the *Ashmari* present in the urinary tract (kidney, kidney, colony). Due to its *Madhur rasa* and *sheet veerya*, it pacifies *Vata-Pitta*. Due to its subtle, detailed and sharp properties, *Guggulu* reaches the subtle sources of the urinary tract and removes the obstruction present there by purifying the source. By its *ushana* and *tikshana* properties, it quenches the *Vata-Kapha* and by quenching the inflammation, ulcers or other obstruction present in the urinary tract, it stimulates the kidney and mucous membrane. *Guggulu*

enhances the action of other combined medicines by its *Rasayan*, *Tridoshahara* and *Yogvaahi* properties. *Haritaki*, *Vibhitak*, *Amlaki (Triphala)* by its *Vartanuloman* effect corrects the action of the contaminated *Vata (Apana)* and makes the process of excretion of stool and urine smooth. *Trikatu* by its digestive effect increases the *Agnibal* and *Mustak* is also *Agnivardhaka* and anthelmintic. *Ghritha* by its *Yogvaahi* effect and its properties is *Vata-unuloman*, anti-inflammatory.

By performing the above-mentioned actions, *Gokshuradi Guggulu* is capable of quenching all the eight types of urinary tract infection.

#### V. RESULTS AND STATISTICAL ANALYSIS

The efficacy was measured using the student's t-test to ensure statistical significance.

Table 1: Symptomatic Relief and Statistical Significance

Clinical Symptom	Relief %	t-value	p-value
Urethral Pain (Mutra-praseka Shoola)	92.3%	3.04	\$> 0.01\$
Bladder Pain (Basti Shoola)	90%	2.44	\$< 0.02\$
Flow Obstruction (Mutradhara Sanga)	100%	2.99	\$> 0.01\$
Urinary Frequency (Muhurmuhu Mutratyaga)	82.6%	4.52	\$> 0.001\$
Difficult Urination (Krichranmutrayati)	71.4%	11.64	\$> 0.001\$
Flank Pain (Parshva Shoola)	82.6%	4.80	\$> 0.001\$

Table 2: Laboratory and Objective Parameter Changes

Investigation	Observation/Reduction	t-value	p-value
Pyuria (Pus Cells)	72.7% Reduction	-	-
Hemoglobin (Hb%)	0.98 gm% Increase	3.70	\$> 0.01\$
Blood Urea	1.62 mg% Reduction	2.38	\$< 0.02\$
E.S.R.	7.7 Reduction	2.49	\$< 0.02\$

## VI. DISCUSSION (KARMUKTA)

The therapeutic efficacy of *Gokshuradi Guggulu* is a result of the synergistic actions of its components:

- *Gokshura*: Acts as a potent diuretic (*Mutrala*), bladder cleanser (*Bastishodhak*), and lithotriptic (*Ashmarihar*).
- *Guggulu*: Provides anti-inflammatory (*Shothahar*) and analgesic (*Vedana shamak*) actions while clearing channel obstructions (*Srotoshodhana*).
- *Triphala & Trikatu*: Ensure *Vata-anulomana* (downward regulation of *Vata*) and improve metabolism (*Deepana-Pachana*), preventing the formation of metabolic toxins (*Ama*).

## VII. CONCLUSION

The clinical study confirms that *Gokshuradi Guggulu* provides statistically significant relief in *Mutrakrichra*. It is highly effective for pain management and inflammatory conditions of the urinary tract. While its role in stone dissolution (*Ashmari-bhanjana*) requires longer-term study, its efficacy as a non-invasive, safe anti-inflammatory agent is well-validated.

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## Appendix: Comprehensive Analysis of Symptoms

The study tracked clinical parameters to assess the global impact of the therapy.

Primary Symptoms with Clinical Efficacy:

- *Vankshana Shoola* (Groin Pain): 71.4% relief.
- *Basti shoola* (Bladder Pain): 90% relief.
- *Mutra Praseka Shoola* (Urethral Pain): 92.3% relief.
- *Svalpa Mutratyaga* (Scanty Urination): 65.8% relief.
- *Sadaha Mutratyaga* (Burning Micturition): 73.6% relief.
- *Sarakta Mutratyaga* (Hematuria): 80% relief.
- *Vibandha* (Constipation): 63.6% relief.
- *Katishoola* (Backache): 50% relief.
- *Shwetapradara* (Leucorrhoea): 54.5% relief