Goksuradi Guggulu Vati in The Management of Asrigdara (AUB): A Comprehensive Review of Its Ayurvedic Principles, Phytochemical Constituents and Pharmacological Properties

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***Abstract*—Abnormal Uterine Bleeding (AUB) is a gynaecological condition that may arise from structural, hormonal, endometrial or coagulation-related causes. In Ayurveda, excessive menstrual bleeding is discussed under *Asrigdara* and *Pradara*. *Gokshuradi Guggulu* is a classical polyherbal formulation described in Ayurvedic literature and listed in the Ayurvedic Formulary of India. Its ingredients include *Gokshura, Shuddha Guggulu, Shunthi, Maricha, Pippali, Haritaki, Bibhitaka, Amalaki* and *Musta*. This review aims to examine *Gokshuradi Guggulu* in the context of *Asrigdara* and AUB, with particular attention to its classical Ayurvedic principles, pharmaceutical composition, phytochemical constituents and reported pharmacological properties. Classical texts, pharmacopoeial and formulary publications, and scientific literature on the formulation and its individual ingredients are considered. The review discusses the traditional properties and actions of the constituent drugs, including their reported anti-inflammatory, antioxidant, antimicrobial and experimental activities, while distinguishing ingredient-level findings from evidence specific to the compound formulation. Its possible relevance to AUB is explored cautiously in view of the formulation's traditional indications and the limited direct clinical evidence for its use in abnormal uterine bleeding. The review also considers quality control, standardization, safety and the need to evaluate interactions and adverse effects. This article provides a critical overview of the traditional rationale and available evidence for *Gokshuradi Guggulu*, and identifies the need for well-designed clinical studies before its role in AUB management can be established.**

***Index Terms*—*Gokshuradi Guggulu*, *Asrigdara*, Abnormal Uterine Bleeding, Phytochemistry, Pharmacological Properties, *Dravyaguna*.**

I. INTRODUCTION

Gokshuradi Guggulu is a classical Ayurvedic polyherbal formulation belonging to the *Guggulu Kalpana*, a group of preparations in which purified *Guggulu* is used as an important ingredient. The formulation is described in *Sharngadhara Samhita*, Madhyama Khanda, Chapter 7, and is included in the *Ayurvedic Formulary of India* (AFI), Part I. It consists of *Gokshura* (*Tribulus terrestris*), purified *Guggulu* (*Commiphora wightii*), *Shunthi* (*Zingiber officinale*), *Maricha* (*Piper nigrum*), *Pippali* (*Piper longum*), *Haritaki* (*Terminalia chebula*), *Bibhitaka* (*Terminalia bellirica*), *Amalaki* (*Phyllanthus emblica*) and *Musta* (*Cyperus rotundus*). [1] The formulation combines ingredients traditionally described in Ayurveda for their distinct pharmacological and therapeutic properties. Its composition brings together *Triphala* (the combination of *Haritaki*, *Bibhitaka* and *Amalaki*), *Trikatu* (the combination of *Shunthi*, *Maricha* and *Pippali*), *Gokshura* and purified *Guggulu*. This combination provides a basis for examining the formulation through the principles of *Dravyaguna*, phytochemistry and modern pharmacological research.

According to the Government of India's essential Ayurvedic medicines list, *Gokshuradi Guggulu* is indicated in conditions such as *Prameha*, *Mutrakrichchhra*, *Mutraghata*, *Ashmari* and *Pradara*. [2] The inclusion of *Pradara* provides a traditional basis for exploring its possible relevance to disorders involving abnormal uterine bleeding. However, the classical indication should not be considered equivalent to established clinical efficacy in abnormal uterine bleeding.

Therefore, this review aims to examine the classical basis, composition, Ayurvedic properties, phytochemical constituents and reported pharmacological activities of *Gokshuradi Guggulu*, while critically evaluating the available evidence and identifying research gaps regarding its potential role in *Asrigdara*.

The present review aims to examine *Gokshuradi Guggulu* with respect to its classical description, pharmaceutical composition, Ayurvedic pharmacological properties (*Dravyaguna*), phytochemical constituents and reported pharmacological activities. It also explores the possible rationale for its use in *Asrigdara*, while critically evaluating the available evidence and identifying the need for formulation-specific clinical studies to establish its efficacy and safety in abnormal uterine bleeding.

II. COMPOSITION AND PREPARATION OF *GOKSHURADI GUGGULU*

Gokshuradi Guggulu is a classical Ayurvedic formulation belonging to the category of *Guggulu Kalpana*. Its formulation is documented in the *Ayurvedic Formulary of India* (AFI), Part I, under formulation number 5:3, with its classical reference attributed to *Sharngadhara Samhita*, Madhyama Khanda, Chapter 7, verses 84–86. [3]

The formulation contains *Gokshura*, purified *Guggulu*, *Shunthi*, *Maricha*, *Pippali*, *Haritaki*, *Bibhitaka*, *Amalaki* and *Musta*. The decoction of *Gokshura* is used as the liquid medium during preparation. The ingredients, botanical identities, parts used and quantities specified in the AFI are presented in Table 1. [3]

2.1 Ingredients and formulation composition

Table 1. Ingredients of *Gokshuradi Guggulu* according to the Ayurvedic Formulary of India

S. No	Ayurvedic name	Botanical name	Part used	Quantity
1	*Gokshura*	*Tribulus terrestris*	Fruit	1.344 kg
2	*Jala* (water)	—	—	8.064 L, reduced to 4.032 L
3	*Shuddha Guggulu*	*Commiphora wightii*	Oleo-gum-resin	336 g
4	*Shunthi*	*Zingiber officinale*	Rhizome	48 g
5	*Maricha*	*Piper nigrum*	Fruit	48 g
6	*Pippali*	*Piper longum*	Fruit	48 g
7	*Haritaki*	*Terminalia chebula*	Pericarp	48 g
8	*Bibhitaka*	*Terminalia bellirica*	Pericarp	48 g
9	*Amalaki*	*Phyllanthus emblica*	Fruit pericarp	48 g
10	*Musta*	*Cyperus rotundus*	Rhizome	48 g

2.2 Method of preparation

The preparation of *Gokshuradi Guggulu* is carried out according to the prescribed pharmacopoeial procedure.

The major steps are as follows:

1. Selection of ingredients: All ingredients are selected according to the prescribed pharmacopoeial quality standards.
2. Powdering of ingredients: *Shunthi*, *Maricha*, *Pippali*, *Haritaki*, *Bibhitaka*, *Amalaki* and *Musta* are separately washed, dried and powdered. The powders are passed through sieve No. 85 and mixed uniformly.
3. Preparation of *Gokshura* decoction: The fruits of *Gokshura* are washed, dried and coarsely powdered. The coarse powder is soaked in eight times its quantity of potable water for approximately 12 hours.
   It is then boiled and reduced to the prescribed volume before filtration.

4. Processing of *Guggulu*: The prescribed quantity of purified *Guggulu* is crushed and incorporated into the filtered *Gokshura* decoction. The mixture is heated with continuous stirring until a suitable semi-solid consistency is obtained.
5. Mixing of herbal powders: The previously prepared powdered ingredients are gradually added to the semi-solid mass and mixed thoroughly to obtain a uniform blend.
6. Granulation and tablet preparation: The prepared mass is converted into granules, dried and compressed into tablets of the prescribed weight. [4]

2.3 Significance of the formulation composition

The formulation contains a combination of ingredients traditionally grouped into *Triphala* (*Haritaki*, *Bibhitaka* and *Amalaki*) and *Trikatu* (*Shunthi*, *Maricha* and *Pippali*), along with *Gokshura*, *Guggulu* and *Musta*. These ingredients contribute different Ayurvedic properties and phytochemical constituents to the formulation. Their individual properties and possible pharmacological relevance are discussed in the following sections.

III. AYURVEDIC PROPERTIES OF INDIVIDUAL INGREDIENTS OF *GOKSHURADI GUGGULU*

In Ayurveda, the properties and therapeutic actions of medicinal plants are explained through the concept of *Rasa Panchaka*, which includes *Rasa* (taste), *Guna* (qualities), *Virya* (potency), *Vipaka* (post-digestive effect) and *Prabhava* (specific action). These parameters help in understanding the individual characteristics of medicinal ingredients and their traditional therapeutic applications. [5]

The nine ingredients of *Gokshuradi Guggulu* possess different Ayurvedic properties. Their combination brings together substances with diverse tastes, qualities and potencies, contributing to the overall therapeutic profile of the formulation.

3.1 *Rasa Panchaka* of individual ingredients

The important Ayurvedic properties of the ingredients are presented in Table 2.

Table 2. *Rasa Panchaka* of the ingredients of *Gokshuradi Guggulu*

Ingredient	*Rasa*	*Guna*	*Virya*	*Vipaka*
Gokshura	*Madhura*	*Guru, Snigdha*	*Shita*	*Madhura*
Shuddha Guggulu	*Tikta, Katu, Kashaya*	*Laghu, Ruksha, Tikshna, Sukshma, Sara*	*Ushna*	*Katu*
Shunthi	*Katu*	*Laghu, Snigdha*	*Ushna*	*Madhura*
Maricha	*Katu*	*Laghu, Tikshna*	*Ushna*	*Katu*
Pippali	*Katu*	*Laghu, Snigdha, Tikshna*	*Anushna-Shita*	*Madhura*
Haritaki	*Pancharasa* (except *Lavana*)	*Laghu, Ruksha*	*Ushna*	*Madhura*
Bibhitaka	*Kashaya*	*Laghu, Ruksha*	*Ushna*	*Madhura*
Amalaki	*Pancharasa* (except *Lavana*), predominantly *Amla*	*Laghu, Ruksha*	*Shita*	*Madhura*
Musta	*Tikta, Katu, Kashaya*	*Laghu, Ruksha*	*Shita*	*Katu*

Table 3. Traditional therapeutic actions of the ingredients

Ingredient	Important Ayurvedic actions (*Karma*)
Gokshura	*Mutrala, Vrishya, Balya, Rasayana*
Shuddha Guggulu	*Shothahara, Lekhana, Vata-Kaphahara*
Shunthi	*Deepana, Pachana, Vata-Kaphahara*
Maricha	*Deepana, Pachana, Krimighna*
Pippali	*Deepana, Pachana, Rasayana, Vata-Kaphahara*
Haritaki	*Anulomana, Deepana, Rasayana*
Bibhitaka	*Kashaya, Kapha-Pittahara, Kasahara*
Amalaki	*Rasayana, Vayasthapana, Chakshushya*
Musta	*Deepana, Pachana, Grahi, Jvaraghna*

3.2 Ayurvedic properties and therapeutic actions (*Karma*)

The individual ingredients of *Gokshuradi Guggulu* possess different therapeutic actions according to classical Ayurvedic literature. These actions help explain their traditional applications and provide a basis for understanding the formulation as a whole.

3.3 Overall Ayurvedic significance of the formulation

The composition of *Gokshuradi Guggulu* represents a combination of ingredients with diverse *Rasa Panchaka* and therapeutic actions.

- Contribution of *Gokshura*: Its *Madhura Rasa* and *Shita Virya* are traditionally associated with urinary and reproductive health. [6]
- Contribution of *Guggulu* and *Trikatu*: These ingredients predominantly possess *Katu Rasa* and are traditionally associated with *Deepana*, *Pachana* and *Vata-Kaphahara* actions. [7]
- Contribution of *Triphala*: The combination of *Haritaki*, *Bibhitaka* and *Amalaki* is traditionally recognised for its digestive and *Rasayana* properties. [8]
- Contribution of *Musta*: Its traditional *Deepana*, *Pachana* and *Grahi* actions contribute to the overall Ayurvedic profile of the formulation. [9]

In the context of *Asrigdara*, these traditional properties provide a rationale for examining the formulation from an Ayurvedic perspective.

However, the presence of these ingredients does not independently establish a haemostatic effect or prove clinical efficacy in abnormal uterine bleeding.
Such effects require evaluation through appropriate pharmacological and clinical studies.

IV. PHYTOCHEMICAL CONSTITUENTS OF THE INGREDIENTS OF *GOKSHURADI GUGGULU*

The medicinal ingredients of *Gokshuradi Guggulu* contain various naturally occurring chemical constituents, including steroidal saponins, alkaloids, flavonoids, phenolic compounds, tannins, terpenoids and volatile oils.

These phytochemicals have been investigated for different biological activities, particularly antioxidant, anti-inflammatory, antimicrobial and other pharmacological effects. However, their presence and concentration may vary depending on the plant part, geographical origin, extraction method and processing conditions. [10]

4.1 Major phytochemical constituents

The important phytochemical constituents reported in the individual ingredients of *Gokshuradi Guggulu* are summarised in Table 4.

Table 4. Major phytochemical constituents of individual ingredients

Ingredient	Important phytochemical constituents
Gokshura (*Tribulus terrestris*)	Steroidal saponins, protodioscin, protogracillin, flavonoids, alkaloids and phytosterols
Guggulu (*Commiphora wightii*)	Guggulsterone (E and Z), guggulsterols, terpenoids, sterols and essential oil constituents
Shunthi (*Zingiber officinale*)	Gingerols, shogaols, zingerone, paradols and volatile oils
Maricha (*Piper nigrum*)	Piperine, piperettine, chavicine, volatile oils and other alkaloids
Pippali (*Piper longum*)	Piperine, piperlongumine, piperlonguminine and volatile oil constituents
Haritaki (*Terminalia chebula*)	Chebulagic acid, chebulinic acid, gallic acid, ellagic acid, corilagin and tannins
Bibhitaka (*Terminalia bellirica*)	Gallic acid, ellagic acid, tannins, flavonoids and other phenolic compounds
Amalaki (*Phyllanthus emblica*)	Ascorbic acid, emblicanin A and B, gallic acid, ellagic acid and other polyphenols
Musta (*Cyperus rotundus*)	Cyperene, α-cyperone, cyperotundone, nootkatone, flavonoids and essential oil constituents

4.2 Phytochemical profile of important ingredients

1. *Gokshura* (*Tribulus terrestris*)

Gokshura contains several classes of phytochemicals, particularly steroidal saponins, flavonoids, tannins, alkaloids and terpenoids. Protodioscin and protogracillin are among the important steroidal saponins reported in this plant. Flavonoids such as quercetin, kaempferol and their glycosides have also been identified. [10]

2. *Guggulu* (*Commiphora wightii*)

The oleo-gum-resin of *Guggulu* is a complex mixture of resin, gum and volatile oil. Guggulsterones, particularly E- and Z-guggulsterone, are important steroidal constituents that have received considerable

attention in phytochemical and pharmacological research. Other reported constituents include sterols, terpenoids and essential oil components. [11]

3. *Shunthi* (*Zingiber officinale*)
The rhizome of *Shunthi* contains pungent phenolic compounds known as gingerols, along with shogaols, zingerone and paradols. Gingerols are considered important constituents of fresh ginger, while shogaols are formed during drying and heating processes. The rhizome also contains volatile oil constituents. [12]

4. *Maricha* and *Pippali* (*Piper nigrum* and *Piper longum*)
Both plants belong to the family Piperaceae and contain alkaloids and volatile oil constituents. Piperine is a major pungent alkaloid reported in *Piper nigrum*. *Piper longum* contains piperine and other related alkaloids, including piperlongumine and piperlonguminine. These compounds are important subjects of pharmacological investigation. [13]

5. *Haritaki*, *Bibhitaka* and *Amalaki* (*Triphala* ingredients)
The three ingredients collectively constitute *Triphala*. Their fruits are important sources of polyphenols and tannins. *Haritaki* contains hydrolysable tannins, including chebulagic acid, chebulinic acid, gallic acid and ellagic acid. *Bibhitaka* is also reported to contain tannins and phenolic compounds. *Amalaki* contains ascorbic acid and characteristic polyphenolic constituents, including emblicanin A and emblicanin B. [14]

6. *Musta* (*Cyperus rotundus*)
The rhizome of *Musta* contains a diverse range of phytochemicals, particularly volatile oil constituents, sesquiterpenoids, monoterpenoids, flavonoids and phenolic compounds. Important reported constituents include cyperene, α-cyperone, cyperotundone, nootkatone and isocyperol. [15]

4.3 Phytochemical significance
The phytochemical composition of the individual ingredients provides a scientific basis for further investigating the formulation. Steroidal saponins of *Gokshura*, guggulsterones of *Guggulu*, gingerols of *Shunthi*, piperine of *Maricha* and *Pippali*, and polyphenols and tannins of *Triphala* are among the constituents that have attracted pharmacological research attention. [16]
The chemical constituents reported in individual plants should not, however, be assumed to be present in the same concentrations in the finished *Gokshuradi Guggulu* preparation. The actual phytochemical profile of the compound formulation requires separate analytical evaluation using appropriate methods such as HPLC, HPTLC or LC-MS. [17]

V. PHARMACOLOGICAL PROPERTIES OF THE INGREDIENTS OF *GOKSHURADI GUGGULU*

The individual ingredients of *Gokshuradi Guggulu* have been investigated for several pharmacological activities, including antioxidant, anti-inflammatory, antimicrobial, gastroprotective and metabolic effects. These activities have mainly been reported through experimental studies and reviews of individual medicinal plants. They provide a scientific basis for further investigation of the formulation; however, the effects of individual ingredients cannot automatically be attributed to the complete formulation. [18]

5.1 Pharmacological activities of individual ingredients

Table 5. Reported pharmacological activities of the ingredients

Ingredient	Major reported pharmacological activities
Gokshura (*Tribulus terrestris*)	Antioxidant, anti-inflammatory, diuretic and antimicrobial activities
Guggulu (*Commiphora wightii*)	Anti-inflammatory, antioxidant, hypolipidaemic and antimicrobial activities
Shunthi (*Zingiber officinale*)	Anti-inflammatory, antioxidant, antiemetic and digestive-supporting activities
Maricha (*Piper nigrum*)	Antioxidant, antimicrobial, anti-inflammatory and bioavailability-modulating activities
Pippali (*Piper longum*)	Anti-inflammatory, antioxidant, antimicrobial, analgesic and immunomodulatory activities
Haritaki (*Terminalia chebula*)	Antioxidant, anti-inflammatory, antimicrobial, hepatoprotective and gastroprotective activities

Bibhitaka (*Terminalia bellirica*)	Antioxidant, anti-inflammatory, antimicrobial and hepatoprotective activities
Amalaki (*Phyllanthus emblica*)	Antioxidant, anti-inflammatory, gastroprotective and hepatoprotective activities
Musta (*Cyperus rotundus*)	Antioxidant, anti-inflammatory, antimicrobial and gastroprotective activities

5.2 Pharmacological activities of selected ingredients

1. *Gokshura* (*Tribulus terrestris*)

Pharmacological investigations of *Tribulus terrestris* have reported antioxidant, anti-inflammatory, antimicrobial and diuretic activities. Steroidal saponins, particularly protodioscin, are among its extensively studied constituents. These findings are primarily based on experimental and preclinical research, and further studies are required to establish their clinical relevance. [18]

2. *Guggulu* (*Commiphora wightii*)

The oleo-gum-resin of *Commiphora wightii* contains guggulsterones and other bioactive compounds. Research on *Commiphora* species has described anti-inflammatory, antioxidant, antimicrobial and lipid-modulating activities. Guggulsterones have received particular attention in studies investigating inflammatory and metabolic pathways. [19]

3. *Shunthi* (*Zingiber officinale*)

The rhizome of ginger contains gingerols, shogaols and other phenolic constituents. Experimental studies have reported antioxidant and anti-inflammatory effects, including modulation of inflammatory mediators. Ginger is also traditionally used for digestive complaints, and its antiemetic activity has been investigated in clinical and experimental settings. [20]

4. *Maricha* and *Pippali* (*Piper nigrum* and *Piper longum*)

Piperine is an important alkaloid present in these plants. Research has described antioxidant, anti-inflammatory and antimicrobial activities of their extracts and isolated constituents. Piperine has also been investigated for its influence on the absorption and bioavailability of certain compounds. These findings are relevant to formulation research but do not establish a specific therapeutic effect of *Gokshuradi Guggulu*. [21]

5. *Haritaki* (*Terminalia chebula*)

Terminalia chebula contains several phenolic compounds and hydrolysable tannins, including chebulagic acid and chebulinic acid. Experimental studies have reported antioxidant, anti-inflammatory, antimicrobial and hepatoprotective activities. Its antioxidant activity has been associated with its polyphenolic constituents. [22]

6. *Bibhitaka* (*Terminalia bellirica*) and *Amalaki* (*Phyllanthus emblica*)

Both fruits contain phenolic compounds, tannins and other bioactive constituents. Experimental investigations of these plants have reported antioxidant and anti-inflammatory activities. *Amalaki* has also been investigated for its gastroprotective and hepatoprotective potential. These activities provide a basis for further study of their contribution to polyherbal preparations. [23]

7. *Musta* (*Cyperus rotundus*)

The rhizome of *Cyperus rotundus* contains sesquiterpenoids, volatile oils and other phytochemicals. Pharmacological studies have investigated its antioxidant, anti-inflammatory, antimicrobial and gastroprotective activities. However, the evidence varies according to the extract, dose and experimental model used. [24]

5.3 Relevance of Pharmacological Activities to *Asrigdara*

The pharmacological activities reported for the individual ingredients of *Gokshuradi Guggulu* provide a scientific basis for exploring their possible relevance to *Asrigdara* (abnormal uterine bleeding). The following aspects may be considered for further investigation.

1. Antioxidant activity

Oxidative stress is an important area of investigation in reproductive physiology and endometrial health. The fruits of *Triphala* (*Haritaki*, *Bibhitaka* and *Amalaki*) have demonstrated antioxidant and free-radical-scavenging activities in experimental studies. These findings provide a rationale for investigating their possible influence on oxidative stress-related pathways in endometrial tissues. [25]

2. Anti-inflammatory activity

Inflammation plays an important role in endometrial shedding, tissue breakdown, haemostasis and endometrial repair. Alterations in these physiological processes may contribute to abnormal uterine bleeding. [26]

Ginger (*Zingiber officinale*) has demonstrated anti-inflammatory effects in clinical studies, including reductions in certain circulating inflammatory markers. [27] Similarly, *Guggulu* (*Commiphora wightii*) has been investigated for its anti-inflammatory properties and associated bioactive constituents. [28] These findings provide a basis for further investigation but do not establish a therapeutic effect against *Asrigdara*.

3. Potential effects on reproductive physiology

Gokshura (*Tribulus terrestris*) contains steroidal saponins, particularly protodioscin, which have been investigated in relation to female reproductive physiology.

A review of experimental and clinical literature has discussed its possible effects on ovarian function and reproductive health. [29] However, its specific effects on menstrual blood loss, endometrial haemostasis and the regulation of abnormal uterine bleeding remain insufficiently established.

4. Need for formulation-based research

Although individual ingredients have demonstrated various pharmacological activities, these findings cannot be directly extrapolated to the complete formulation.

The combined effects of the ingredients, their interactions, bioavailability, appropriate dosage and safety profile require systematic investigation. Therefore, standardised experimental studies and well-designed clinical trials are necessary to evaluate the therapeutic potential of *Gokshuradi Guggulu* in *Asrigdara*.

At present, there is insufficient direct clinical evidence to establish the efficacy of *Gokshuradi Guggulu* in controlling abnormal uterine bleeding. Further research should investigate its possible effects on endometrial physiology, inflammatory pathways, haemostatic mechanisms, menstrual blood loss and safety.

VI. POSSIBLE MECHANISMS OF ACTION OF *GOKSHURADI GUGGULU* IN *ASRIGDARA*

The possible mechanism of action of *Gokshuradi Guggulu* in *Asrigdara* can be understood by correlating the Ayurvedic properties of its ingredients with their reported pharmacological activities. Abnormal uterine bleeding may involve disturbances in endometrial inflammation, oxidative balance, haemostasis and tissue repair. [32]

6.1 Antioxidant activity

Oxidative stress may contribute to cellular injury and disturbances in tissue repair. Ingredients such as *Amalaki*, *Haritaki* and *Bibhitaka* contain polyphenols and tannins that have demonstrated antioxidant activities in experimental studies. These properties provide a basis for investigating their possible role in maintaining endometrial health. [33]

6.2 Anti-inflammatory activity

Inflammatory processes are involved in normal endometrial shedding and repair. Alterations in these processes may contribute to abnormal uterine bleeding. *Guggulu* and *Shunthi* contain bioactive constituents that have been investigated for anti-inflammatory effects. However, their direct effects on endometrial inflammation within the complete formulation remain unestablished. [34]

6.3 Possible influence on haemostasis

Normal menstrual haemostasis involves platelet activity, coagulation factors, fibrin formation and fibrinolysis. Disturbances in these mechanisms may contribute to excessive menstrual bleeding. [35] Although the individual ingredients possess various traditional therapeutic properties, direct evidence demonstrating a haemostatic effect of *Gokshuradi Guggulu* is currently insufficient.

6.4 Ayurvedic interpretation

According to Ayurvedic principles, *Asrigdara* primarily involves *Vata*, *Pitta*, *Rakta* and *Artava*. The formulation contains ingredients traditionally associated with *Deepana*, *Pachana*, *Rasayana* and *Vata-Kaphahara* actions. These properties provide a traditional basis for exploring its possible therapeutic relevance. However, they should not be considered direct evidence of *Raktasthambhana* activity. [36]

6.5 Correlation between Ayurvedic and modern perspectives

Table 6. Possible correlation between Ayurvedic properties and modern concepts

Ayurvedic property	Modern research perspective
Rasayana	Antioxidant and tissue-protective activities
Shothahara	Anti-inflammatory activity
Deepana-Pachana	Digestive and metabolic support
Raktasthambhana	Haemostatic activity (requires investigation)
Balya	General restorative and supportive effects

These correlations are conceptual and do not establish equivalent pharmacological mechanisms.

Overall, the antioxidant and anti-inflammatory activities reported for individual ingredients provide a rationale for further research on *Gokshuradi Guggulu* in *Asrigdara*. Its direct effects on endometrial haemostasis and menstrual blood loss require experimental and clinical validation.

VII. DISCUSSION

Gokshuradi Guggulu is a classical Ayurvedic formulation comprising *Gokshura*, *Shuddha Guggulu*, *Shunthi*, *Maricha*, *Pippali*, *Haritaki*, *Bibhitaka*, *Amalaki* and *Musta*. Its ingredients possess diverse Ayurvedic properties and pharmacological activities, including antioxidant, anti-inflammatory and digestive-supporting effects.

In the context of *Asrigdara* (abnormal uterine bleeding), the formulation can be explored from both Ayurvedic and contemporary perspectives. Ayurvedic properties such as *Deepana*, *Pachana*, *Grahi* and *Vata-Kaphahara* provide a traditional basis for understanding its therapeutic relevance. However, the direct relationship between these properties and the regulation of abnormal uterine bleeding requires further scientific investigation.

The phytochemical constituents of the ingredients, particularly flavonoids, tannins, phenolic compounds, gingerols and guggulsterones, have demonstrated various biological activities in experimental studies. These findings suggest possible roles in maintaining oxidative balance and modulating inflammatory processes. Since inflammation and oxidative stress may be associated with endometrial changes, these activities provide potential research directions for understanding the formulation.

However, it is important to distinguish the pharmacological evidence available for individual ingredients from evidence for the complete formulation. The reported activities of individual plants cannot automatically establish the clinical effectiveness of *Gokshuradi Guggulu* in *Asrigdara*.

At present, formulation-specific clinical evidence explaining its effects on menstrual blood loss, cycle regularity and endometrial physiology remains limited. Therefore, well-designed clinical studies are required to evaluate its safety, efficacy, dosage and possible mechanisms of action.

Overall, *Gokshuradi Guggulu* represents an interesting formulation for further research in *Asrigdara*. Integrating classical Ayurvedic principles with modern pharmacological and clinical investigations may help establish a clearer scientific understanding of its therapeutic potential.

VIII. CONCLUSION

Gokshuradi Guggulu is a classical Ayurvedic formulation containing multiple medicinal ingredients with diverse traditional properties and pharmacological potential. Its constituent herbs possess reported antioxidant, anti-inflammatory and other biological activities that may provide a basis for investigating its role in *Asrigdara* (abnormal uterine bleeding). However, the available evidence is largely based on the properties of individual ingredients rather than clinical studies of the complete formulation. Therefore, its therapeutic efficacy and safety in *Asrigdara* cannot yet be considered established. Further experimental and well-designed clinical studies are necessary to evaluate its mechanism of action, dosage, safety and clinical effectiveness.

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