

ROLE OF GOKHURADI GHRITA IN THE MANAGEMENT OF BENIGN PROSTATIC HYPERPLASIA (BPH)

Dr. Hari Shankar*¹, Prof. Mahesh Dixit², Rajesh Kumar Soni³, Dr. Chhagan Lal⁴

¹Ph.D. Scholar (PG Dept. of Shalya Tantra); MMM Govt. Ayurved College, Udaipur (Raj).

²Professor & Vice Chancellor, Shri Kallaji Vaidik University, Nimbaheda (Raj).

³Ph.D. Scholar & Lecturer (PG Dept. of Shalya Tantra); MMM Govt. Ayurved College, Udaipur.

⁴Ph.D. Scholar (PG Dept. of Shalya Tantra); MMM Govt. Ayurved College, Udaipur (Raj).

Article Received: 10 April 2026 | Article Revised: 01 May 2026 | Article Accepted: 21 May 2026

*Corresponding Author: Dr. Hari Shankar

Ph.D. Scholar & Lecturer (PG Dept. of Shalya Tantra); MMM Govt. Ayurved College, Udaipur (Raj).

DOI: <https://doi.org/10.5281/zenodo.20443073>

How to cite this Article: Dr. Hari Shankar, Prof. Mahesh Dixit, Rajesh Kumar Soni, Dr. Chhagan Lal (2026) ROLE OF GOKHURADI GHRITA IN THE MANAGEMENT OF BENIGN PROSTATIC HYPERPLASIA (BPH). World Journal of Pharmaceutical Science and Research, 5(6), 06-09.



Copyright © 2026 Dr. Hari Shankar | World Journal of Pharmaceutical Science and Research.

This work is licensed under creative Commons Attribution-NonCommercial 4.0 International license ([CC BY-NC 4.0](https://creativecommons.org/licenses/by-nc/4.0/)).

ABSTRACT

Benign Prostatic Hyperplasia (BPH) is a progressive, non-malignant enlargement of the prostate gland commonly affecting aging males and leading to lower urinary tract symptoms (LUTS). In Ayurveda, BPH can be correlated with **Mutraghata** and specifically **Vatashthila**, as described in classical texts like Charaka Samhita and Sushruta Samhita. Gokhuradi Ghrita, a classical medicated ghee formulation, is indicated in urinary disorders due to its Vata-Kapha pacifying, anti-inflammatory, and Mutrala (diuretic) properties. This article explores the conceptual correlation, pharmacological basis, probable mechanism of action, and therapeutic potential of Gokhuradi Ghrita in BPH management.

KEYWORDS: BPH, Gokhuradi Ghrita, Vatashthila, Mutraghata, Ayurveda, LUTS.

1. INTRODUCTION

BPH is one of the most prevalent urological conditions in men above 50 years of age. Histological prevalence increases with age, affecting nearly 70–80% of men over 60 years. It manifests as:

- Hesitancy
- Weak urinary stream
- Nocturia
- Incomplete voiding
- Increased frequency

Modern treatment includes:

- Alpha-1 adrenergic blockers
- 5-alpha reductase inhibitors
- TURP (Transurethral Resection of Prostate)

However, long-term pharmacotherapy may cause adverse effects such as dizziness, erectile dysfunction, and retrograde ejaculation. Therefore, alternative and complementary approaches are gaining importance.

2. Concept of BPH in Ayurveda

In Ayurveda, urinary obstruction disorders are described under **Mutraghata**. Among its subtypes, **Vatashthila** closely resembles BPH.

According to Sushruta, Vatashthila presents as:

- A hard, stone-like swelling in the bladder region
- Obstruction to urine flow
- Painful and difficult micturition

Samprapti (Pathogenesis)

- Aggravation of **Vata Dosha**
- Association with **Kapha Dosha**
- Involvement of **Mutravaha Srotas**
- Meda and Mamsa dhatu vriddhi (tissue proliferation)

This explains glandular enlargement and urinary obstruction seen in BPH.

3. Gokhuradi Ghrita – Classical Overview

Gokhuradi Ghrita is indicated in:

- Mutrakrichra
- Mutraghata
- Ashmari
- Bastigata disorders

Main Ingredient

- Gokshura (*Tribulus terrestris*)

Supporting Ingredients (in various classical references)

- Punarnava (*Boerhavia diffusa*)
- Varuna (*Crataeva nurvala*)
- Pashanbheda

Base

- Cow's ghee (Ghrita)

Ghrita acts as:

- Yogavahi (bio-enhancer)
- Rasayana
- Vata-pacifying agent

4. Pharmacological Actions Relevant to BPH

Key Effects

- Reduces prostatic inflammation
- Improves urinary output
- Decreases bladder outlet resistance
- Balances Apana Vata

5. Probable Mode of Action in BPH

1. **Vata-Kapha Shamana** → Reduces obstruction
2. **Shothahara Effect** → Decreases glandular edema
3. **Mutrala Action** → Enhances urine flow
4. **Rasayana Property** → Prevents further degeneration
5. **Hormonal Modulation (Probable)** → May influence androgenic activity

6. Clinical Significance

Clinical observations show:

- Reduction in International Prostate Symptom Score (IPSS)
- Improved urinary stream
- Reduced post-void residual urine
- Better sleep due to reduced nocturia

Most effective in:

- Mild to moderate BPH
- Early stages before severe obstruction

7. Dosage & Administration

- 5–10 ml twice daily
- With lukewarm milk or water
- Duration: 1–3 months
- Under supervision of Ayurvedic physician

8. Advantages

- Minimal side effects
- Holistic management
- Supports digestive metabolism
- Suitable for long-term therapy

9. Limitations

- Not effective in advanced mechanical obstruction
- Requires dietary and lifestyle modifications
- More randomized controlled trials needed

10. DISCUSSION

BPH involves chronic inflammation and hormonal imbalance leading to stromal and epithelial hyperplasia. Ayurveda attributes this to Vata-Kapha imbalance and Meda-Mamsa vriddhi.

Gokhuradi Ghrita acts at multiple levels:

- Dosha correction
- Tissue metabolism regulation
- Anti-inflammatory action
- Urinary channel cleansing

Thus, it offers a multi-targeted therapeutic approach compared to single-pathway modern drugs.

11. CONCLUSION

Gokhuradi Ghrita holds significant potential in the management of Benign Prostatic Hyperplasia, particularly in early and moderate stages. By addressing the root cause described in Ayurvedic classics such as Charaka Samhita and Sushruta Samhita, it provides a safe and holistic alternative. Further large-scale clinical trials are necessary to validate its efficacy in modern evidence-based terms.

REFERENCES

1. Shastri A and Samhita S: Commentary Ayurved Tatva Sandipika Chikitsasthana; 12th edition. Varanasi: Chowkhambha Sanskrit Sansthan Sushruta. Sushruta Samhita. Varanasi: Chaukhambha Orientalia.
2. Sushruta, Sushruta Samhita, Ayurveda-Tattva-Sandipika Commentary Edited by Ambikadutta Shastri; Chaukhamba Sanskrit Sansthan Varanasi Reprint 2016.
3. The Bhavprakash Nighantu with Elaborated Hindi Commentary by Padmashri Prof. K.C. Chuneekar, Edited by Late Dr. G.S. Pandey. Twenty Eighth Editions of 2010: Gudchayadi Varga.
4. Campbell MF, Wein AJ. Campbell-Walsh Urology. 11th ed.
5. Sharma PV. Dravyaguna Vijnana. Varanasi: Chaukhambha Bharati Academy.
6. Tripathi B. Ashtanga Hridaya. Varanasi: Chaukhambha Sanskrit Pratishthan.