



Understanding Mutrala Karma WSR To Gokshura in Mutrakrichra

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ABSTRACT: Mutrakrichhra, a urinary disorder known by dysuria, frequent urination, and burning sensation, is a prevalent health issue. Traditional Ayurvedic medicine has long recognized the therapeutic potential of Gokshura (*Tribulus terrestris*) for managing this condition. This review aims to evaluate the scientific evidence supporting the use of Gokshura in the treatment of Mutrakrichhra.

In this present study, we are making efforts to arrange chronologically ayurvedic literature Review of Gokshura(*Tribulus terrestris* Linn.) in reference to treat Mutrakrichra Roga (urinary tract infection).

In This comprehensive study, we found that Gokshura (*Tribulus terrestris* Linn.) has been defined single or in various Pharmacological compound preparations in reference to Mutrakrichra Roga.

KEY WORDS: Gokshura, Mutrakrichra, urinary disorders, nocturia, diuretic.

INTRODUCTION

The Mutrakrichra word comes under the diseases Of Mutravaha Strotas. Mutrakrichhra – “Dukhenmutrapravritti” means difficulty while micturition . there is Alpa Avarodha and Prakrut Mutra Utpatti. It is a Chirkari Vyadhi. It comes under the disease of Mutravaha Strotas. Mutrakrichhra is caused mainly due to predominant of Vatadosha. When Vata becomes in Pratiloma Gati means in opposite direction of normal state the various diseases of urinary system occurs.

Gokshura (*Tribulusterrestris* Linn.) is one of the important Medicinal plants that have been used single or in combined form. It belongs to Zygophyllaceae family. It is a procumbent herb found, in the waste lands and dry habitats throughout the warmer regions of India. There is description of Gokshura in Samhita Kaalas described in Brihatrayi like Charaka Samhita, Sushruta Samhita, Astangh Hridaya and in Astanga Sangraha etc.

In modern text classical textbook like Yogaratnakar and Bhaisajya Ratnavali mentioned the use of Gokshura in Mutrakrichhra.

Disease in which there difficulty while urination and also there is Avarodha(obstruction) to it.

“मूत्रस्य कृच्छ्रेण महता दुखेन प्रवृत्तिः ।(मधुकोश)

Classification of MutrakrichraRoga in different Ayurvedic classics

Types	CharakaSamhita	SushrutaSamhita	AstangaHridaya	Yogaratanakar	Sharangdhar Samhita	KashyapSamhita
Vata	+	+	+	+	+	+
Pitta	+	+	+	+	+	+
Kapha	+	+	+	+	+	+
Sannipatik	+	+	+	+	+	+
Shukraj	+				+	
Raktaja	+			+		+
Ashamrija	+	+		+	+	
Sharkaraj	+	+				
Abightaja		+			+	
Purishaja		+		+	+	
Shalyaja				+		

Samprapti:

Due to the respective etiological factors, respective Dosha gets vitiated and will travel to Basti region. When a person tries to pass the urine will have pain or discomfort or incomplete urine or burning sensation (difficulty in urination).

Nidana:

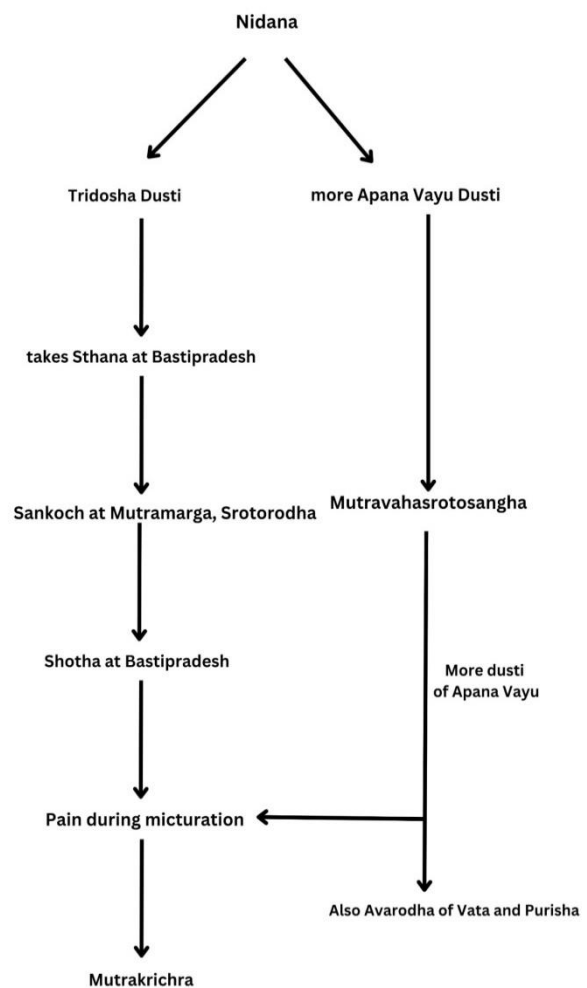
1. Ati Vyayama.
2. Tikshna Aushada Sevana.
3. Ruksha food.
4. Ati Madyapana.
5. Travelling on fast vehicle/animals.
6. Anupa Mamsa Sevana or Mamsa Sevana in Atipramana.
7. Adhyashana.
8. Ajirna.

Purvarupa:

1. Bastipradeshi Gaurav.
2. Slightly reddish urination.
3. Slight pain in the region of Basti, Kukshi, Nabhi and Vankshana while urination.

Lakshana:

1. Obstruction to Vata , Mutra and Purisha
2. Pain at Basti, Kukshi, Udar, Parshwa, Hridaya.
3. Adhmana.
4. Hrullasa.
5. Avipaka



Sampraptighataka:

- DoshaVata Pradhana (Apanavata) can be associated with other physical Doshais. Pitta or Kapha.
- Dushya: Mutra.
- Srotas: Mutravaha Srotas.
- Srotodushti: Sanga and Vimargagamana.
- Agnimandya: Jatharagnimandya.
- Ama: Jatharagnimandyaajanya Aama.
- Udbhava Sthana: Pakvashaya.
- SancharaSthana: Mutravaha Srotas.
- Vyakta Sthana: Medhra, Mutramarga, Yoni, Kukshi, Kati.
- Rogamarga: Madhyama (as Basti is involved).
- Sadhyasadhyatva: Krichrasadhya to Asadhya

Chikitsa Sutra

- NidanParivarjana
- Snehana, Sweadan and Vatanulomaka
- Shodan -SnigdhaVirechana
- Uttarbasti
- Shaman chikitsa: Mutrashodhaniya, Mutravirechaniya, Mutravirjaniya, Vataharakarma, Ashmarihara drugs is used.

Gokshura

Latin name- Tribulusterrestris

Family -Zygophyllaceae

Synonyms – Ikshugandhika, Swadamstra, Palankasha, Trikantaka, Swadukantaka

Gana:	Rasa panchaka
Charak-Mutravirechaniya, Shothahara, Krumighna Sushruta - Vidarigandhadi, Viratarvadi, LaghuPanchamula. Vagbhata-Vidarigandhadi.	• Rasa – Madhura • Guna – Guru, Snigdha • Virya – Shita • Vipaka – Madhura • Dosaghnata – Vatapittahara Karma (Actions) – Balya, Bastisodhaka, Vrushya, Ashmarihara, Pramehahara, Swasa-Kasa-Arsahara, Mutrala, Hridroganasaka.

Vata Shamaka:

- Rogagnata- Mutrakrichhra Hara, Ashmari, Prameha, Hridroga.
- Prayojyanga – Phala (Fruit) and Panchanga (whole part).
- Dosage – Fruit powder 3–6 g, Decoction – 50–100 ml.

Chemical Composition

Fruits – Chlorogenin, diosgenin, gitogenin, rutin, rhamnose Roots – Campesterol, beta-sitosterol and stignasterol, neotigogenin

Aerial Parts – astragalin, dioscin, diosgenin, hecogenin, ruscogenin, trillin, furostanol glycoside, spirosterolsaponin; terrestrosides A-F saponins C and G etc.

Karma(therapeutic actions) according to various classics

Ayurvedic classics	Karma (Actions)
Charak Samhita	Krimighna , Shothahara, Mutravirechaniya
Astanga Sangraha	Krimighna , Shothahara, Mutravirechaniya
Bhavprakash Nighantu	Vatahara, Bala-krut, Basti-shodhana, Dipana, Vrushya, Pushtida, Ashmarihara, Pramehahara, Shvasa-kasahara, Arshahara, Mutrakricchahara, Hridrogahara,
Dhanvantari Nighantu	Tridosahara, Bringhana, Vrushya, Dipana, Shulahara, Hridrogahara, Pramehahara, Mutrakruchrahara
Kaiydeva Nighantu	Kapha-Vatahara
Madanphala Nighantu	Vatahara
Priya Nighantu	Mutrala,Phala- Balya, Vrushya,Mula- Vata-Kaphahara
NighantuAdarsha	Ashmarihara, Pramehahara, Shvasahara, Mutrakricchahara,Mutrala, Hridrogahara,Vatahara, Balya, Vrushya
Shodhala Nighantu	, Mutrashodhana, Mutrakrichhaghna,Balya, Vrushya,Vatapittahara
Madhava Dravyaguna	Mutrakricchahara,Vrushya, Balya, Vataghna
Mahaaushadha Nighantu	Ashmarihara, Pramehahara, Shvasa-Kasahara, Arshahara, Mutrakricchahara, Hridrogahara, Vatahara, Balya, Bastishodhana, Dipana, Brimhana, Vrushya, Pushtida.
Raj Nighantu	Mutrakricchahara, Ashmarihara, Pramehahara, Vidahahara,Balya, Bringhana,Rasayana
Shankar Nighantu	Mutrakricchahara, Ashmarihara, Pramehahara, Dahahara, Bastishodhana, Vrushya, Dipana, Shvasa-kasahara, Hridrogahara, Arshahara, Kusthahara, Shulahara,Rasayana, Bastivatahara,Tridosahara, Balya, Bringhana.
Ayurvedic Pharmacopia of India	Mutrala, Shothahara, Balya, Vrushya, Vedanasthapana,Bringhana, Dipana,Keshya, Tridosahara

CONCLUSION

Various studies have demonstrated the diuretic, anti-inflammatory, and antioxidant properties of Gokshura, which are believed to contribute to its efficacy in addressing Mutrakrichra. The plant's bioactive compounds, including saponins, steroidal lactones, and flavonoids, have been shown to modulate urinary tract function, reduce inflammation, and protect against oxidative stress.

Moreover, Gokshura has been traditionally used in Ayurvedic formulations for promoting overall urinary health and treating other urinary disorders.

Gokshura has Madhura Rasa and Madhura Vipaka and Snigdha Gunaso it increases the Kleda in our body so it increases urine production in our body. It also provides Bala to Basti region therefore Gokshura does Basti Shodhana and used as Mutra Virechaniya. Deepana Karma enhances Jatharagni and Bhautikagni so Prithvi and Jalamahabhuta gets digested easily.

In conclusion, this review highlights the promising potential of Gokshura drug for managing Mutrakrichra. The available scientific data suggest that Gokshura may offer a safe and effective alternative approach to conventional treatments for this condition.

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