

# A Clinical case study on *Dhanyak Gokshur Ghrita Yavakshar Uttar basti* in the Management of *Mutraghata* w.s.r. to Benign Prostatic Hyperplasia

## Case Report

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## Abstract

Benign Prostatic Hyperplasia is a common senile disease. The present modern conservative management includes use of alpha blockers and 5 alpha reductase inhibitors. In operative management various type of operative procedure may be done, out of which most commonly done now-a-days is TURP. However, both of these modalities cause various side effects. Through Ayurveda we can find solution for this burning problem of society. In *Ayurved Samhitas*, symptoms of Benign Prostate Hyperplasia described under *Mutraghata* disease. There are 12 types of *Mutraghata*; one of them is *Vatashthila*, which can be correlated with Benign Prostatic Hyperplasia disease. The general treatment of *Mutraghata* includes *Uttar basti*. Though *Uttar basti* is a traditionally used therapy, its efficacy with *Dhanyak Gokshur Ghrita Yavakshar* is not yet evaluated in the management of BPH. *Uttar basti* is cost effective and it may avoid surgery which ultimately results in increased quality of life of patients. So, in present clinical study, efficacy of *Dhanyak Gokshur Ghrita Yavakshar Uttar basti* in *Vatashthila* with special reference to Benign Prostatic Hyperplasia is evaluated.

**Key Words:** *Mutraghata*, *Vatashthila*, *Dhanyak Gokshur Ghrita Yavakshar*, Benign Prostate Hyperplasia.

## Introduction

Benign Prostate Hyperplasia is an enlargement of prostate. Symptoms related to BPH are one of the most common problems in the older males. As the prostate enlarges, it causes the narrowing of urethra & subsequent partial emptying of bladder, results in many of the problems associated with BPH. In modern medicine the conservative treatment is very costly and has side effects. Prostatectomy is the primary approach to Benign Prostate Hyperplasia(1). Even if the surgery is performed, there may be a risk of complications. Considering complications, recurrence & cost of surgery, it is the need of society to evaluate an alternative option for this most predominant senile disease. There are 12 types of *Mutraghata*; one of them is *Vatashthila*. In *Sushrut Samhita*, *Vatashthila* is grouped under the title of *Mutraghata*, the general treatment for *Mutraghata* includes *Uttar basti*(2). For the above reason and treatment indication this topic is taken for case study.

## Aims and Objectives

To study the effect of *Dhanyak Gokshur Ghrita Yavakshar Uttarbasti* in *Mutraghata* w.s.r. to Benign Prostatic Hyperplasia.

## Place of work

Clinical study done at Parul Ayurveda Hospital.

## Case Report

A 60 year old male came at OPD of *Shalya Tantra* at PAH, presenting complaint since one month:

## C/o –

- Incomplete void
- Frequency
- Intermittency, Urgency
- Weak Stream
- Straining
- Nocturia

## On examination

- General condition was moderate and afebrile. Pulse -72 / min
- Blood pressure -140/80 mm/Hg
- No pallor, no icterus
- Systemic examination – RS – AEBE
- CVS – S1, S2 heard
- CNS – Conscious oriented. P/A – Lower Abdominal tenderness present, Liver, Spleen not palpable.

## Ashtavidh Pariksha

- *Nadi* -72/min.
- *Druka* – *Samyak*
- *Mala* – *Samyaka*
- *Sparsha* – *Anushna*
- *Mutra* – *Asamyak*
- *Akruti* – *Madhyam*
- *Jivha* – *Niram*
- *Shabda* – *Samyak*

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**Present Illness**

Before 1 month patient was apparently normal, later on patient got these following symptoms, Incomplete Emptying, increased frequency of urination, Intermittency, Urgency of urination and Weak Stream. He took treatment from nearby modern hospital but didn't get any relief, so he came for its management in OPD of Shalya Tantra of Parul Ayurved Hospital Vadodara.

**Past history**

Patient is known case of Hypertension and Type 2 Diabetes Mellitus since 5 years and he was on treatment for same.

**Local examination** - External Urethral Meatus - normal.

**PR Digital** - Prostatomegaly, Non tender, smooth, firm, elastic enlargement.

**Investigation**

- HB - 13.2 gm%,
- BSL(R)- 74 mg/dl,
- HIV 1 & 2 – Non reactive,
- HBsAg – Non reactive.
- Serum creatine - 1.03 mg/dl.
- Blood urea - 21 mg/dl.

**Diagnosis**

The condition was diagnosed as a Benign Prostatic Hyperplasia. (*Mutraghata*).

**Materials and Methods**

- Dose : 30ml *Dhanyak Gokshur Ghrit* + 125 mg (1ratti) *Yavakshar*.

**Criteria for Assessment of Therapy**

**Subjective Criteria**

**Table 1 - International Prostate Symptom Score (I-PSS)(4)**

In the past Month	Not at all	Less than 1 in 5 times	Less than half the times	About half the time	More than half the time	Almost always
Incomplete emptying: How often have you had the sensation of not emptying your bladder?	0	1	2	3	4	5
Frequency : How often have you had to urinate less than every two hours?	0	1	2	3	4	5
Intermittency: How often have you found you stopped and started again several times when you urinated?	0	1	2	3	4	5
Urgency: How often have you found it difficult to postpone urination?	0	1	2	3	4	5
Weak stream: How often have you had a weak urinary stream?	0	1	2	3	4	5
Straining : How often have you had to strain to start urination?	0	1	2	3	4	5
<b>Score:</b> 1-7 : Mild; 8-19 : Moderate; 20-35 : Severe						

**Objective Criteria**

USG with pelvis before treatment and after treatment was observed for

1. Weight of prostate.
2. Post voidal residual volume.

- Regime : *Uttar basti* daily for 7 days.
- Duration of study : 7 days.
- Follow up : after 1 month.
- Procedure of *Uttar basti*:-

**Purvakarma**

Informed & written consent was taken before *Uttar basti*. Patient was advised to sleep in supine position.

Painting & draping of part done. *Dhanyak gokshur Ghrita* with *Yavakshar* and all instruments including 50 ml syringe, 10 no feeding tube and all materials were steam autoclaved in autoclave machine under all aseptic precautions.

**Pradhankarma**

In aseptic precautions, 50ml glass syringe filled with *Dhanyak gokshur Ghrita* 30 ml and with *Yavakshar* 125mg was taken into right hand.

Xylocaine jelly 2% was instilled in penis. Lukewarm *Dhanyak gokshur Ghrita* mixed with *Yavakshar* 30ml was inserted slowly through by syringe in feeding tube inserted in mutramarg. After that, penis was held firmly atleast for 5 minutes to avoid reverse flow of *Dhanyak gokshur Ghrita* with *Yavakshar*.

**Paschatkarma**

Patient was kept in same supine position for 15 minutes.

Patient was instructed not to void urine for next 1 hour.

## Results

**Table 2: International Prostate Symptom Score (I-PSS)**

Symptoms	Score			
	1st day	7th day	15th day	30th day
1 Incomplete Emptying	5	5	2	1
2 Frequency	5	2	1	1
3 Intermittency	5	4	2	0
4 Urgency	5	3	3	0
5 Weak Stream	5	4	0	0
6 Straining	5	2	0	0
7 Nocturia	5	2	2	1
Total IPSS Score	35	22	11	3

**Table 3: Objective criteria**

Sr. No.	USG Findings	0 <sup>th</sup> day (Before Treatment)	30 <sup>th</sup> day (After Treatment)
1	Weight of Prostate	54 gm	46 gm
2	Post void urine	150ml	Nil

## Discussion

*Yavakshar* reduces the weight of prostate due to its *Ushna*, *Tikshna Guna* and causing *Lekhana karma* of *Mamsa Vaha Srotas*, so that the pressure over the prostate urethra is reduced, which helps for emptying of bladder. As a result of that post voidal residual urine volume decreases significantly and therefore it reduces the intermittency, frequency, urgency, weak stream, straining and Nocturia. *Dhanyak Gokshur Ghrita Uttar basti* also reduces the weight of prostate due to act on the muscles of bladder and the sphincter, giving strength to them, so that patient can hold the urine and the urgency is markedly reduced. *Dhanyak* and *Gokshur* both have Linoleic Acid and Oleic Acid as a chemical component. They are inhibitors of both 5 Alpha reductase and Alpha blockers activity. This inhibition controls the conversion of testosterone to Dihydrotestosterone (DHT). DHT ultimately controls the further growth of prostate gland and relief in the symptoms. *Dhanyaka Gokshur Ghrita* (DGG) with *Yavakshara* for *Uttra Basti*. Ayurvedic pharmacodynamic properties of formulations are mentioned below based on collective pharmacodynamic properties of their ingredients.

### Pharmacodynamic Properties of *Dhanyaka Gokshur Ghrita*

- *Rasa* : *Kashaya, Madhura*
- *Guna* : *Snigdha, Sheeta*
- *Veerya* : *Anooshna Sheeta*
- *Vipaka* : *Katu*
- *Karma* : *Lekhana, Sophahara, Mootrala, Vata anuloma, Basti Shodhana, Shukrashodhana*
- *Doshagnata* : *Vata-Kapha Hara*
- *Rogagnata* : *Mutraghata, Prameha, Mootrakrichha, Ashmaree, Shukradosha*

Its effect on *Mutraghata* i.e. BPH had discussed under the mode of drug action in oral use. *Dhanyaka*

*Gokshur Ghrita* is a *Snehapaka Kalpana* and was used in the form of *Uttra basti* to achieve additional effect via Urethral route with its direct effect to the Granthi. *Basti Dravyas* may be absorbed by one or more mechanisms of diffusion, filtration and osmosis depending upon nature of ingredients. This theory is the same as the theory propounded by *Sushruta*<sup>14</sup>, where he has defined that how *Basti* produces systematic effect in entire body. *Sushruta* says that the *Veerya* of *Basti* reaches to the whole body through the *Srotasa* (channels) as the active principles in the water when poured in the root of a tree reaches to the whole plant.

## Conclusion

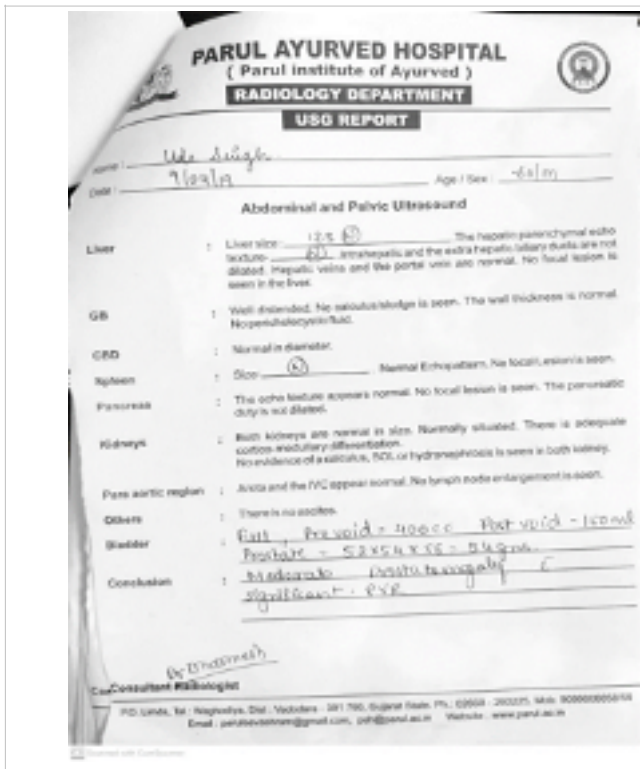
From above case study it can be concluded that the *Dhanyak Gokshur Ghrita* with *Yavakshar Uttar basti* is effective in reducing International prostate symptom score, weight of prostate and post residual volume in *Mutraghata* (Benign Prostate Hyperplasia). In Ayurveda it is mentioned that *Uttra basti* is choice of treatment in controlling *Vata Dosha* in all types of *Mutraghata*. So it can be said that the function of detrusor muscle of bladder might be improved by controlling *Apana Vayu* with the help of *Uttra basti*. *Dhanyaka* (*Coriandrum Sativum*) has *Choriandrol* which is diuretic and *Gokshur* has *Diosgenin* which have anti proliferative activity against prostate cancer cells and relieve symptoms of BPH i.e. nocturia, increased frequency and prostate enlargement. Hence it is scientifically proven that these drugs played important role in symptomatic relief in cases of BPH. So it can be concluded that the *Uttra Basti* of *DG Ghrita* is effective in treatment of BPH definitely.

The cardinal symptoms of prostate like increased frequency, Nocturia, weak stream, incomplete voiding were relieved completely in this patient. The average Urine Flow Rate was increased. The size of Prostate and Post Voidal Residual Urine volume were decreased. So it can be said that the trial drug & procedure have some effect for treat BPH.

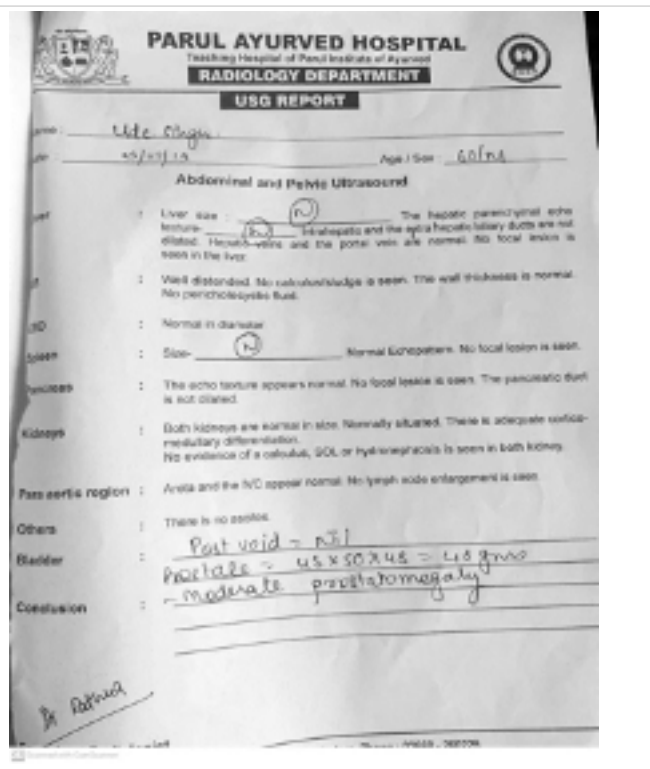
**Conflict of interest:** None

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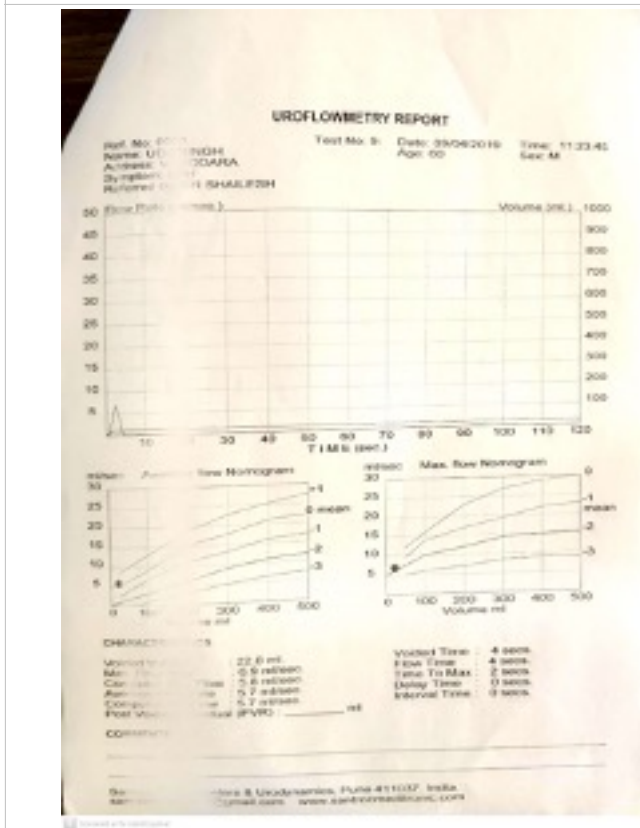
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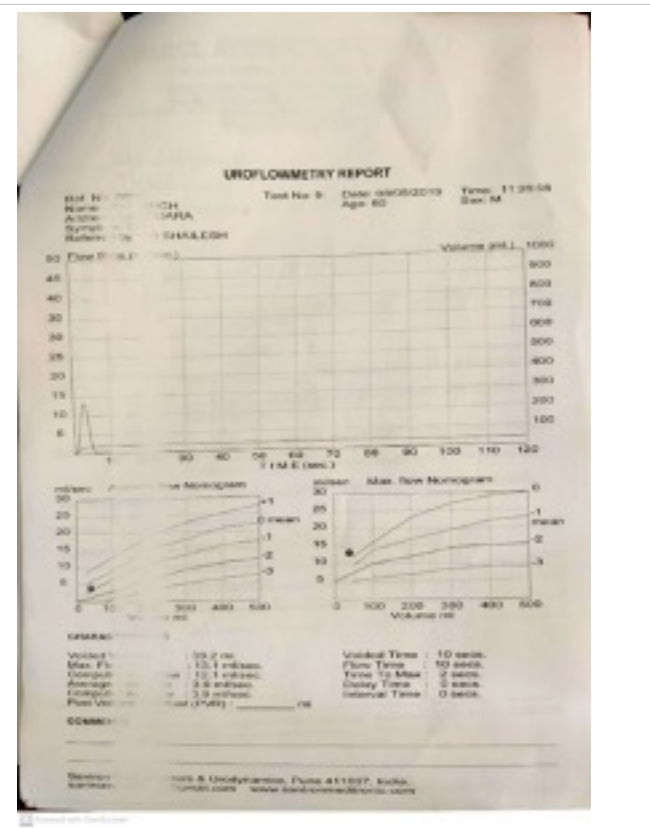
USG Reports Before Treatment



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Uroflowmetry before treat



Uroflowmetry After Treatment

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