

**“A CLINICAL STUDY OF DHANAYAKA GOKSHURADI GHRITA KSHARA
BASTI IN THE MANAGEMENT OF THE MOOTRAGHATA W.S.R to BENIGN
PROSTATIC HYPERPLASIA”**



Dissertation submitted as partial fulfillment for the degree of
Ayurveda Dhanvantari
[Master of Surgery– Ayurveda]

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March - 2018

Enrollment No- 150202210002

ABSTRACT

A Clinical Study of *Dhanayaka Gokshuradi Ghrita Kshara Basti* in the management of *Mootraghata* w.s.r. to Benign Prostatic Hyperplasia

Introduction:

The BPH is an old age-related disorder in men which involves the growth of the prostatic gland, situated at the emergence of urethra i.e. the base of the urinary bladder. The growth / neoplastic changes in the prostatic gland occur due to the changes in the level of hormones especially androgens & estrogens. As per the aetiopathogenesis of *mootraghata* is concerned, there is deranged function of *apana vayu* along with the vitiation of *kapha & pitta* which produces *ama* and ultimately causes *srotoavarodha*. The vitiated *doshas* travel through *sukshma srotasa* & finally lodge in *basti*, where upon further vitiation of *apana vayu* leads to *Mootraghata*. In Modern system of medicine treatment of BPH is very costly. Hence, there is a need of the time to find an alternate treatment for the condition. With Ayurveda it can be treated effectively and with less cost.

Materials and Methods :

It is a clinical study with pre-test and post-test design conducted on thirty patients, *Dhanayaka Gokshura Ghrita* along with *Yavakshara matra basti* were given in a dose of 30 ml just after lunch. The time period for the study was 7 days and patients were followed up for a period of 1 month. Assessment was done on the basis of subjective and objective (USG, PURV, UFR) criteria.

Ethical clearance was obtained from Institutional Ethics Committee (IEC No. PU/PIA/IECHR/SHALYA/05), and this study is registered in Clinical Trial Registry of India (REF/2017/10/015621).

Results :

The change in the values before and after the treatment were assessed by the paired 't' test . In this study 61.11% patients got marked improvement in overall effect of therapy. 60% patients were had marked improved in subjective criteria (signs and symptoms) and 46.67% patients got marked improvement in objective parameters showed significant or highly significant results.

Discussion :

Dhanayaka gokshura ghrita matra basti with *yavakshara* showed better effect in breaking *samprapti* of *mootraghata* caused by vitiated *vatakapha* and equivalent pathophysiology described for BPH. *Vata* is always compared with all neuro-hormonal functions of body like regulation of normal growth & physiology of prostate & bladder. Hence, it can be inferred that *matra basti* normalizes the functions of *apana vayu* leading to normal *mootra pravriti* and removal of *aghata* from *mootravaha srotasa* and satisfactory and significant result were observed during study.

Conclusion:

The hypothesis that the drug '*Dhanayaka Gokshura Ghrita matra basti with Yavakshara*' has beneficial effects on *Mootraghata* w.s.r. to BPH, is accepted and the null hypothesis is rejected.

Keywords: *Mootraghata, BPH, Dhanayaka gokshura Ghrita, Yavakshara*