

GOKSHUR (TRIBULUS TERRESTRIS Linn.): A AYURVEDIC VIEWDr. Nitin Jain^{*1} Dr. Pratibha Chaudhary² and Dr. Omparkash Sharma³¹PG Scholar Deptt of Dravyaguna, Sriganganagar College of Ayurvedic Science and Hospital, Tanta University, Sriganganagar- 335001, India.²Ast.Professor Deptt of Dravyaguna, Sriganganagar College of Ayurvedic Science and Hospital, Tanta University, Sriganganagar- 335001, India.³Professor Deptt of Dravyaguna, Sriganganagar College of Ayurvedic Science and Hospital, Tanta University, Sriganganagar- 335001, India.***Corresponding Author: Dr. Nitin Jain**

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Article Received on 01/12/2018

Article Revised on 22/12/2018

Article Accepted on 13/01/2019

ABSTRACT

Tribulus terrestris Linn. (family Zygophyllaceae), commonly known as Gokshur in Sanskrit or Gokharu in Hindi and puncture vine in English, has been used for a long time in Ayurvedic medicine for treatment of various kinds of diseases. The great acharya Charaka has indicated it as in mutra krichsta^[1] (Dysuria) and Acharya Shusruta indicated it as ashmari bhedan^[2] (As in renal calculi). Also it has diuretic, aphrodisiac, antiurolithic, immunomodulatory, antidiabetic, absorption enhancing, hypolipidemic, cardiogenic, central nervous system, hepatoprotective properties. This will help in confirmation of its traditional use along with its value-added utility, eventually leading to higher revenues from the plant.

KEYWORDS: Tribulus terrestris, asmaribhedan, mutrakrichta.**INTRODUCTION**

The genus Tribulus, belonging to family Zygophyllaceae, comprises about 20 species in the world, of which three species, viz. Tribulus cistoides, Tribulus terrestris, and Tribulus alatus, are of common occurrence in India. Among them, Tribulus terrestris is a well-patronized medicinal herb by Ayurvedic seers as well as by modern herbalists. The plant is used individually as a single therapeutic agent or as a prime or subordinate component of many compound formulations and food supplements. It is an annual shrub found in Mediterranean, subtropical, and desert climate regions around the world, viz. India, China, southern USA, Mexico, Spain, and Bulgaria.

Acharya Charak introduced it as drug for mutrakrichta. Acharya Shusruta mentioned it for ashmari bhedan. According to Bhavparkash Gokshur has depan, vrishya, ashmarihar, parmehnasak, swas – kash nasak or used in arsh and in hridya rog.

Scientific Classification

- **Kingdom:** Plantae
- **Division:** Phanerogams
- **Class:** Dicotyledonae
- **Order:** Giraniales
- **Family:** Zygophyllaceae

- **Genus:** Tribulus
- **Species:** Terrestris Linn.

Vernacular Names^[4]

- Sanskrit - Gokshur
- English - Puncture vine or land caltrops
- Hindi - Gokharu
- Gujarathi - Bethagokharu or Nanagokharu
- Tamil - Nerunji
- Bengali - Gokhri
- Marathi - Sarate or Kante gokhru
- Punjabi - Bakhra
- Urdu - khorkashak

Classification Acc. To Ayurveda

- Charak – Mutrakrichta^[1]
- Susruta – Ashmaribhedan^[2]
- Bhavparkash – Depan, Vrishya, Ashmarihar, Parmeharog, Khas Swas, Arsh, Krich hridayarog.^[4]

Botanical description T. terrestris

It is small prostrate, 10-60 cm height, hirsute or silky hairy shrub. Leaves are opposite, often unequal, paripinnate; pinnae from five to eight pairs, elliptical or oblong lanceolate. Flowers are yellow in color. Its carpel fruits are of characteristic, stellate shape, somewhat round shaped, compressed, five cornered, and covered

with prickles of very light yellow color. There are several seeds in each crocus with transverse partitions between them. The seeds are oily in nature. When fresh, the root is slender, fibrous, cylindrical, frequently branched, bearing a number of small rootlets and is of light brown color. Fruits and roots are mainly used as a folk medicine for the treatment of various ailments. Root occurs in pieces, 7-18 cm long and 0.3-0.7 cm in diameter, cylindrical, fibrous, frequently branched, bearing a number of small rootlets, tough, woody, yellow to light brown in color, surface rough due to the presence of small nodules; fracture fibrous; odor aromatic; taste sweetish astringent. It found in plenty in India.

Properties and actions mentioned in ayurveda

- **Rasa (taste based on activity):** Madhura (sweet).
- **Guna (properties):** Guru (heavy To digest), snigdha (unctuous).
- **Veerya (potency):** Sheeta (cooling)
- **Vipaka (taste after digestion based on activity):** Madhura (sweet).
- **Karm (pharmacological actions):** Brumhana (nourishing), Vatanut (pacifies Vata-dsha), Vrusya (aphrodisiac), Ashmarihara (removes urinary stone), Vastishodhana (cures bladder ailments).

Chemical constituents

Tribulus Terresteris has saponins, flavonoids, glycosides, alkaloids, sterols, nitrates and tannins. In stem Harman and in seeds Harmine alkaloids and saponins has found.

Indication

This is indicated in Ashmari (Renal caculi), Mutrakrichta (Dysuria), Parmeha, Arsh (Piles), Swas (Asthma), Khas (Cough), Hrid rog (Cardiac disease).

Useful Parts – Friut, Root.

Important Formulations

1. Gokhuradi churna
2. Gokshuradi avelah
3. Gokshuradi guglu
4. Gokshuradi kwath
5. Dasmularistha
6. Rasayan churna
7. Trikantak ghrit
8. Drakshadi churna

Traditional Uses

TT is used in folk medicines as a tonic, aphrodisiac, palliative, astringent, stomachic, antihypertensive, diuretic, lithotriptic, and urinary disinfectant. The dried fruit of the herb is very effective in most of the genitourinary tract disorders. It is a vital constituent of Gokshuradi Guggul, a potent Ayurvedic medicine used to support proper functioning of the genitourinary tract and to remove the urinary stones. TT has been used for centuries in Ayurveda to treat impotence, venereal diseases, and sexual debility. In Bulgaria, the plant is used as a folk medicine for treating impotence. In

addition to all these applications, the Ayurvedic Pharmacopoeia of India attributes cardiotoxic properties to the root and fruit.

Recommended dose of TT in Ayurveda

- Fruit: 3-6 g of the drug in powder form; 20-30 g of the drug for decoction
- Root: 20-30 g of the drug for deco.

CONCLUSION

Tribulus terresteris a commonly available weed, is of significant value in the traditional systems of medicines. It is also a reputed herb in the folk medicine of many countries for a number of diseases. Considering the available literature on Tribulus terresteris, the plant could have a potential as a herbal medicine for effective blood pressure control due to its diuretic activity, and cardioprotective activity and useful in renal calculi or urinary diseases. It has been concluded that the drug Tribulus terresteris proved extensive medicinal value for the treatment of so many diseases.

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