

Sri Satya Sai Murlidhar Ayurvedic College & Hospital
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GOKSHURA

Botanical Name : *Tribulus terrestris* Linn.

Family : Zygophyllaceae.

Introduction :

It is the one of the important mutrala drugs in Ayurveda

Names in different Indian languages :

English : Land-Caltrops, Puncture Vine

Hindi : Gokharu

Kannada : Negalu, sennanegalu

Malayalam : Nerinnil

Sanskrit : Gokshura

Tamil : Sirunenunji, Nerinjil, Nerunjil.

Telugu : Palleru

Unani : Khaar-e-Khasak Khurd

Synonyms :

Gokshuraka, Kshudra (Laghu) Gokharu, Shvadamshtrea, Swaadu-kantaka, Trikanta, Trikantaka.

Classification according to Charaka, Susrutha & Vagbhata :

Charaka: Sothahara, Mutravirecaniya, Krmighna

Susrutha: Vidarigandhadi, Viratarvādi, Laghu PañcamūlaViratarvadi

Vagbhata: Vidarigandhadi

Varieties & adulterants – (CV – controversy, AD – adulterants) :

Larger var. is equated with *Pedalium murex* Linn. The fruits of both the varieties are conical and have four spines, not three as the synonyms denote. Hence, *Acanthospermum hispidum* DC. And *Martynia annua* Linn. Have been suggested as the source of Trikantaka.

1. *Pedalium murex* Linn
2. *T. terrestris*
3. *Xanthium strumarium*
4. *Martyniadiandra*
5. *Acanthospermum hispidum*
Pedalium mure (gajagokshura)

Morphology :

A small, prostrate, hirsute or silky hairy herb.

Leaves-stipulate, compound, pinnate, opposite, usually unequal, pinnate; leaflets 6-8 pairs, oblong

Flowers solitary, axillary or leaf-opposed, yellow or white.

Fruits-globose, hairy, 5-angled, spinous with 2 long and 2 short spines on each cocci.

Seeds-obliquely pendulous. (Flowers and fruits during April- September).

Distribution & Habitat :- Dry places in India

Chemical constituents :

Sapogenins, diosgenin, gitogenin, chlorogenin, ruscogenin, rutin, quercetin, kaempferol, kaempferol, glucoside, rutoside, tribuloside, carboline, harmine, harmine. Harmol

Properties :

Guna : Guru, Snigdha
Rasa : Madhura

Vipaka : Madhura
Virya : Sita

Karma : Vāta-pitta hara, Vrsya, Mutrala, Rasayana, deepana, hridya, sulaghna diuretic, demulcent, anti-inflammatory, anabolic, spasmolytic, muscle relaxant, hypotensive, hypoglycaemic

Indication :

Mūtrakrichra, Prameha, Hrdroga, Arsas, vāta-Kāsa, Klaibya.

Anorexia, calculus affections, urolithiasis, crystalluria, bcardiopathy, scabies, urinary discharges, pruritus, cough, asthma

Part used :

Whole plant

Dosage :

Leaf juice 10-15 ml
Powder 2-4 g
Decoction 50-100 ml

External Use :

Leaves are tied on wounds.

Internal Uses :

Nervous System : Analgesic and vatashamak. Therefore used in neural debility, painful conditions and vata disorders.

Digestive System : Stomachic, astringent, antihelmintic, but laxative in large dose., appetite, piles and helminthiasis.

Circulatory System : It is a cardio tonic, anti-inflammatory and helps in haemorrhagic Fruit juice is useful in amoebiasis and splenomegaly.

Respiratory System : used in cough and asthma.

Reproductive System : useful in preventing abortion, vaginal disorders, impotency and post-natal discharges.

Urinary System : Diuretic, dissolves calculi and amorphous calculi. Therefore useful in urinary calculi, dysuria and cystitis,

Satmikaran : Useful in debility

Important Yogas or Formations :

Dasamoolakatutraya, brihtyadikashya, dasamoolakashaya, dasamoolanavaneetham

Therapeutic Uses :

- (1) Vājīkarana— Powder of Goksura fruit is boiled with milk and consumed (Ca. Ci)
- (2) Amavāta— Decoction of Sunthi and Goksura will be of useful (C. D.)
- (3) Kesa Vardhana— Gōksura and the flowers of Tila are applied externally by making them into paste using honey (Sa. Sam.)