{Gokshura}

[Image fetch failed]

{Tribulus terrestris Linn}

{Zygophyllaceae}

|  |  |
| --- | --- |
| Tamil | {Nerungil} |
| Malayalam | {Nerungil} |
| Hindi | {Chota Gokhru} |
| English | {Small caltrops} |

Description

{Morphology  
  
Braked-Pedalium murex (Pedaliaceae)  
  
Gokshura Habit- Glabrous annual herb.  
  
Leaves - Opposite, petioled, irregularly toothed or almost lobed.  
  
Inforescence-Solitary axillary with two glands at the base.  
  
Flowers-Yellow coloured with small calyx, four stamens are present.  
  
Fruit-Indehiscent, hard, capsule, ovoid or pyra-midal with four patent spines arising from the base.  
  
Legha - Tribulus terrestris Linn. (Zygophyllaceae)  
  
Pedalium murex  
  
Gokshura Habit-Prostrate herb. Stem - Slender, branched, weak and creeping.  
  
Leaf Compound, sub-opposite, even-pinnate, stipulate, leaflets in 4 or 5 pairs, pairs unequal, leaflets oblong.  
  
Flower-Actinomorphic, bisexual, pentamerous,  
  
hypogynous and bright yellow, sepals are 5 and free. Petals are 5, free and obovate. Androecium contains two whorls of stamens 5 in each which are inserted at the base of a disc. Stamens subtended by glandular scales. Gynoecium is 2-5 carpellary, axile placentation lobed ovary with simple style.  
  
Tribulus terrestris Linn.  
  
Fruit - Schizocarp with 5 spinous cocci, each contain one seed, Schizocarp is 5 angled, cocci is woody, each with a pair of unequal spines.  
  
Seed-Obliquely pendulous. One or more seed in each coccus.  
  
Grahya Laxana (Genuine Characteristics)  
  
Market sample of Gokşura root contains slender, tortuous, gradually tapering roots. 12 to 20 cm long and upto 1 em in diameter at the thickest part, external surface is yellow-ish brown in colour, slightly wrinkled longitudinally with prominent root scars, the crown of the root, more often, and bears a number of horizontally spreading proteins of stem.  
Transversely cut portion of the root shows a yellowish surface, surrounded by a loosely adhering bark, followed by a cortical zone of light colour and a central woody portion showing distinct concentric rings. On breaking root becomes short pieces and powdery. Has faint agreeable odour and sweetish astringent taste.  
  
Fruit-Fruits are five ribbed or lobed, more or less spherical with flattened apex and dome-shaped base, upto 1 cm in diameter. Each of the lobes of the fruit is studded with four sharp and rigid spines. Surface of the fruit is hard, villous and greenish yellow in colour. The fruit contains several small seeds in a number of transversely separated com-partments. Fruit has faint agreeable odour.}

Useful Parts

{Mula(Root) and Phala (Fruit)}

Benefits

1. {1)Mutrakricchra (Dysuria)  
     
   श्वदंष्ट्रा कण्टकारिभ्यां मूत्रकृच्छ्रे सफाणिताम् । (च.सू. 2/22  
   Gruel prepared from Shwadamshtra Tribulus terrestris and Kantakari (Solanum xanthocarpum) is taken with jaggery relieves Mutrakricchra (Dysuria).  
     
   समूलगोक्षुरक्वाथः सितामाक्षिकसंयुतः । नाशयेत् मूत्रकृच्छ्राणि तथा चोष्ण समीरणम् ।।  
     
   (शा.स. 2/2/109)  
     
   Kwatha (Decoction) of total plant of Goksura (Tribulus terrestris) is mixed with sugar and honey is given to drink. It alleviates Mutrakricchra (Dysuria).  
     
   2. Ashmari (Calculus)  
     
   त्रिकण्टकस्य बीजानां चूर्ण माक्षिकसंयुतम् । अविक्षीरेण सप्ताहामश्मरीभेदनं परम् ।।  
     
   (सु.चि. 7/19)  
     
   Curna (Powder) of Gokshura (Tribulus terrestris) mixed with honey and Aviksira (Goat's milk) is given to drink for 7 days will break Ashmari (Calculus).  
     
   3. Keshavardhanartha (To promote hair growth)  
     
   गोक्षुरस्तिलपुष्पाणि तुल्ये च मधुसर्पिषी । शिरःप्रलेपनं तेन केशसंवर्धनं परम् ॥  
     
   (शा.स. 3/11/22)  
     
   Flowers of Gokşura (Tribulus terrestris) and Tila (Sesamum indicum) are mixed with equal quanity of honey and ghee, and then applied on scalp. This therapy promotes hair-growth.  
     
   4. Amavata (Rhumatoid arthritis) & Katishula (Lumbago)  
     
   शुण्ठीगोक्षुर क्वाथः प्रातः प्रातर्निषेवितः । सामेवाते कटिशूले पाचनं रूकप्रणाशनम् ।।  
     
   (च.द. 25/9)  
     
   Kwatha (Decoction) of Shunthi (Zingiber officinale) and Gokshura (Tribulus terrestris) if taken in morning times regularly acts as digestant there by relieves Amavata (Rhumatoid arthritis), Katishula (Lumbago) and Ruk (Pain).}

Pharmacological Action

* {Diuretic, Tonic, Aphrodisiac, Demulcent}

Rasapancakam

|  |  |
| --- | --- |
| Rasa | {Madhura} |
| Guna | {Guru, Snigdha} |
| Virya | {Phala - Sita, Mula - Ushna} |
| Vipaka | {Madhura} |
| Karma | {Tridosha shamaka} |