

Comprehensive study of Gokshura (*Tribulus terrestris* Linn.) in Ayurvedic literature with special reference to Mutrakricchra

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Submitted: 15-09-2023

Accepted: 25-09-2023

ABSTRACT- Ayurveda, the science of life has many principles, which are universally applicable and have potential to help humanity to live healthy and happy life. We have always preferred Ayurvedic lexicons for detailed knowledge of any medicinal plants or health ailments and disorders. Therefore, in the treatment of mutrakricchra roga, Gokshura (*Tribulus terrestris* Linn.) is an important medicinal herb has been used single or in combined form, effectively by many Ayurvedic practitioners from very beginning. The present comprehensive study, according to all literature of Ayurveda aims to draw attention to the therapeutic value of Gokshura (*Tribulus terrestris* Linn.) in reference to mutrakricchra roga. This detailed review of Gokshura (*Tribulus terrestris* Linn.) in all samhitas will be helpful for researcher in future.

Keywords: Ayurvedic classical texts, Gokshura, *Tribulus terrestris* Linn., Mutrakricchra roga.

I. INTRODUCTION

Ayurveda is the most leading system amongst in Indian systems of medicine. It has survived and flourished from ages till date. With the enormous knowledge of various medicinal plants based medicine, the relationship of human body constitution and function to nature and the elements of the universe that act in coordination and affect the living beings, this system will continue to flourish in ages still to come¹.

A medicinal plant, which contains substances that can be used for therapeutic purposes or which are precursors for the synthesis of useful drugs. This description makes it possible to uses of medicinal plants and their constituents in different therapeutic properties². History of the medicinal plants can be studied in Vedic period literatures, Ancient Ayurvedic Compendia (Samhitas), Medieval period treatises and in

Modern Ayurvedic classical texts. Gokshura (*Tribulus terrestris* Linn.) is one of the plants which have been used in traditional medicine for many years in various diseases.

In this comprehensive review firstly, found that here is no description of Gokshura in the Vedic Period but in Samhita period, described in various Brihatrayi literature like Charaka samhita, Sushruta samhita and both Ashtanga Samgraha and Ashtanga Hridaya other samhita granthas as external and internal administration of Gokshura. In Medieval Treatises, like Vrinda Madhava, Chikitsa kalika, Chakradatta, Vangasen Samhita, Sharangadhara Samhita and Bhava Prakasha Samhita described uses of Gokshura in mutrakricchra roga. In modern Period, classical texts like Yogaratnakara and Bhaisajya Ratnavali mentioned the uses of Gokshura in mutrakricchra vikara. Our aim is to explore the possibility with different preparative methods to better cure of mutrakricchra vikara by gokshura (*Tribulus terrestris* Linn.).

Botanical Description of Gokshura (*Tribulus terrestris* Linn.)

Gokshura (*Tribulus terrestris* Linn.) is a procumbent herb, stems and branches pilose; young parts silky- villous. It is found throughout India, ascending to 3300 m in Himalaya, particularly common in dry and hotter parts of the country. Leaves - opposite, abruptly pinnate, one of each pair usually smaller than the others, sometimes wanting; stipules lanceolate, hairy; leaflets 3-6 pairs, 6-12 mm. long, oblong, mucronate, sericea villous with appressed hairs beneath, base rounded oblique; petioles very short, pilose. Flowers - axillary or leaf-opposed, solitary; pedicels 1.2-2 cm. long, slender, hairy. Fruit - globose, consisting of 5 woody mericarps with 2 pairs of hard sharp spines,

one pair longer than the other. Seeds - several in each coccus, with transverse partitions between them³.

Ayurvedic properties of Gokshura-

Rasa - Madhura

Guna - Guru, snigdha

Virya- Shita (Phala)

Vipaka - Madhura

Dosagnata –Vatapittashamaka⁴.

Karma (Actions) – balya, bastisodhaka, vrisya, ashmaribhedana, pramehahara, Swasa-kasa-arsahara, mutrakricchra hara, hridroganasaka, vatashamaka, mutrala.

Prayojyanga – Phala (Fruit) and panchanga (whole part)⁶.

Dosage - Fruit powder 3-6gm, Decoction - 50 to 100 ml. (20-30gm drug)^{5,6}.

Review of Gokshura (Tribulus terrestris Linn.) in Brihatrayi⁷

In Charaka samhita, Gokshura was mentioned with synonyms Svadanstra and described as useful in mutrakricchra and pacify vata dosha. Gokshura is mentioned in

Mutravirechaniya mahakashaya, Shothahara mahakashaya, krimighna mahakashaya and Anuvasnopaga mahakashaya. Acharya Sushruta describe in Vidarigandhadi gana, Virtarvadi gana, Laghu panchmula and Kantaka panchmula. In Ashtanga Samgraha and Ashtanga Hradaya describe the use of Gokshura in kaphaja mutrakricchra and pittaja mutrakricchra. Other ayurvedic texts also mentioned for the treatment of mutrakricchra as external and internal administration with different pharmacological preparations of Gokshura.

II. MATERIALS AND METHODS

Charaka Samhita (1000 B.C. - 4 A.D.)

Charaka Samhita is one of the existing old medical Treatises. It has been composed by Maharshi Agnivesha (1000 B.C.), Acharya Charaka (2000 B.C.) has reduced it and it is reconstructed by Acharya Dridhabala (4th Cent. A.D.). In Charaka samhita, various formulations and their indications in Mutrakricchra roga have been mentioned in table 1⁸.

Table 1: Gokshura in Charaka Samhita

S. No.	Preparations	Indications/Action	References
By the name of Gokshura			
1.	Svadanstra	Mutrakricchra	C. S. Su. 2/22
2.	Gokshura	Shothahara	C. S. Su. 4/38
3.	Gokshura	Mutrakricchra	C. S. Su. 25/40
4.	Agurvadi taila	Sheet Jvara	C. S. Chi. 3/267
5.	Shatavari Kshira	Mutramargagata raktapitta	C. S. Chi. 4/85
6.	Amritadya taila	Vatavyadhi	C. S. Chi. 28/161
7.	Basti	Basti shoola, Mutravikara	C. S. Si. 9/8
By the name of Svadanstra			
8.	Peya	Parsvashoola, Bastiruja.	C. S. Chi. 3/181
9.	Nagradya ghrita	Mutrakricchra, Guda Shoola.	C. S. Chi. 14/110
10.	Shatvaryadi kvatha	Pittaja Mutrakricchra	C. S. Chi. 26/50
11.	Vyoshadi churna	Kaphaja Mutrakricchra	C. S. Chi. 26/55
12.	Panchaprasitika basti	Mutrakricchra	C. S. Si. 8/13

Sushruta Samhita (1000 B.C. - 500 A.D.)

Sushruta Samhita is composed by Vriddha Sushruta (1000 B.C.) it is mainly concerned to Surgery along with the other parts of medicine. It was reduced by Sushruta in 2nd Cent A.D. &

revised by Nagarjuna in 5th cent. A.D. lastly in 10th Cent. A.D. its amelioration (pathashuddhi) was done by Chandrata. In Sushruta Samhita, different preparations and their indications of Gokshura in mutrakricchra roga are given below in table 2⁹.

Table 2: Gokshura in Sushruta Samhita

S. No.	Preparations	Indications/Actions	References
By the name of Gokshura			
1.	Gokshura	Madhura varga	Su. Su. 42/18
2.	Kalashyadi Ghrita	Jirna Jvara	Su. Ut. 39/224
3.	Kshira paka	Vatajapittaja Mutraghata	Su. Ut. 58/33
By the name of Svadanstra			
4.	Svadanstra	Sharkara , Ashamari, Mutrakricchra, Mutraghata	Su. Su. 38/10
5.	Baladi kalka	Mutradosha, Ashamari	Su. Ut. 58/44
6.	Bala ghrita	Mutradosha, Shukradosha	Su. Ut. 58/58
7.	Trivat taila /ghrita	Vataja Mutrakricchra	Su. Ut. 59/17
8.	Svadanstra taila	Vataja Mutrakricchra	Su. Ut. 59/19

Harita Samhita (12th Cent. A. D.)

Maharshi Harita was also a student of Maharshi Agnivesha & he wrote an ayurvedic book which named as Harita Samhita. In this Gokshura

was mentioned with kvatha formulation for Mutrakricchra vikara which are given in the table 3¹⁰.

Table 3: Gokshura in Harita Samhita

S.No.	Dosage Forms	Name	Indications	References
1.	Kvatha	Gokshura	Mutrakricchra	H.S. Chi.29/2
2.	Kvatha	Gokshura	Mutranirodha	H.S. Chi. 30/16
3.	Kvatha	Svadanstra	Mutra-Ashamari, Bastishoola	H.S. Chi. 31/11
4.	Panchamula Kvatha	Gokantaka	Vataja jvara	H.S. Chi. 2/62

Ashtanga Samgraha (600 A.D.)

Ashtanga Samgraha is written by Vriaddha Vagbhatta in prose style. He has described 45 mahakashaya in this classical text. In

this samhita various formulations of Gokshura were used or could be used in treatment of Mutrakricchra vikara which are given in the table 4¹¹.

Table 4: Gokshura in Ashtanga Samgraha

S.No.	Dosage forms	Name	Indications	References
1.	Hrisva Panchamula	Gokshura	Sarvadoshajita	A. S. Su. 12/51
2.	-	Gokshura	Basti - Mutra Vibandha, Vrisya	A. S. Su. 12/62
3.	-	Gokshura	Mutrakricchra , Vatahara	A. S. Su. 13/2
4.	Peya	Gokshura	Bastiparshav-Shoola, Sirashoola	A. S. Chi. 1/32
5.	Kvatha	Gokantaka	Mutramargaja raktapitta	A. S. Chi. 3/59
6.	Ghrita	Gokshura	Jvara, Mutrakricchra , Bastianaha	A. S. Chi. 10/33
7.	Kvatha	Svadanstra	Pittaja Mutrakricchra	A. S. Chi. 13/4

8.	Taila Pana, Abhyanga	Gokshura	Kaphaja Mutrakricchra	A. S. Chi. 13/5
9.	Kvatha	Svadanstra	Daha-ruja-vibandhaja Mutrakricchra	A. S. Chi. 13/8
10.	Kvatha	Gokshura	Ashamari, Mutrakricchra	A. S. Chi. 13/9
11.	Kvatha or Paya	Dviguna Trikantaka	Sarva Mutraghata	A. S. Chi. 13/21
12.	Yavagu	Gokshura	Sarva Mutraghata	A. S. Chi. 13/22
13.	Anuvasana basti	Svadanstra	Mutraghata	A. S. Chi. 13/23
14.	Basti	Gokshura	Mutraghata	A. S. Chi. 13/24
15.	Kvatha	Svadanstra	All types of Vatavyadhi	A. S. Chi. 23/61

Kashyap Samhita (600 A. D.)

Kashyap Samhita has been written by Vriddha Jivaka. It has gained popularity because of detailed description of pediatric diseases and their

treatment. It was written by Acharya Kashyap (600 A. D.). Following preparations and indication of Gokshura in Mutrakricchra are found, which are given below in table 5¹².

Table 5: Gokshura in Kashyap Samhita

S.No.	Dosage Forms	Name	Indications	References
1.	Kvatha	Svadanstra	Raktaja Mutrakricchra	Ka.Chi. 10/16
2.	Yavagu	Svadanstra	Mutrakricchra	Ka.Chi. 10/19
3.	Svarasa	Gokshura	Mutraghata	Ka.Chi. 10/20

Ashtanga Hridaya (700 A.D.)

This samhita granth has been written by Acharya Vagbhata in 7th Cent A. D. In Ashtanga

Hridaya, various formulations of Gokshura were used in Mutrakricchra vikara that is described in table no. 6¹³.

Table 6: Gokshura in Astanga Hridaya

S. No.	Preparations	Indications/Actions	References
1.	Gokshura	Sarvadoshajita	A.H. Su. 6/168
2.	Gokshura	Pittaja Mutrakricchra	A.H. Chi. 11/6
3.	Gokshura	Sarva Mutra Roga	A.H. Chi.11/35
4.	Yavagu	Mutraghataroga	A.H. Chi.11/38
5.	Gokshura	Mutrakricchra	A.H. Ut. 40/55

Vrinda Madhava (7th Century A.D.)

This text is written by Vrinda Madhava and its other name is "Siddha Yoga". Gokshura and

its indications with preparation in this book are shown in table no. 7¹⁴.

Table 7: Gokshura in Vrinda Madhava

S.No	Dosage Forms	Name	Indications	References
1.	TrikatvadiGutika	Gokshura	Mutrakricchra , Mutraghata, Ashamari	V.M. 32/27
2.	Gokshura Paka	Gokshura	Mutrakricchra , Ashamari, Mutrarodha, Mutraghata	V.M. 32/29

3.	Kvatha	Gokshura	Ashamari, Mutrakricchra , Deepan, Pacana	V.M. 34/7
4.	Kulatthadya Ghrita	Gokshura	Ashamari, Mutrakricchra , Mutraghata, Mutrabandha	V.M. 34/37
5.	Sharadya Ghrita	Gokshura	Ashamari, Mutrakricchra , Retomargavi shodhana	V.M. 34/39
6.	Shatavari Ghrita	Svadanstra	Pittaja Mutrakricchra	V.M. 32/24
7.	Virtaradi Gana	Svadanstra	Ashamari, Sharkara, Mutrakricchra , Mutraghata	V.M. 34/5
8.	Kvatha	Svadanstra	Ashamarija-Sharkaraja Mutrakricchra	V.M. 34/35
9.	Kvatha	Trikantaka	Ashamari, Mutrakricchra	V.M. 32/20
10.	Trikantakadya Ghrita	Trikantaka	Mutrakricchra , Ashamari, Mutraghata	V.M. 32/25
11.	Paya	Trikantaka	All types of Mutrakricchra	V.M. 33/27
12.	Churna	Trikantaka Bija	Ashamari bhedana, Mutrakricchra	V.M. 34/36
13.	Gokshurakavaleha	Gokantakapatra, mula, phala	MutraDaha, Vibandha, Mutrakricchra , Shukrashmari, Rudhirameha, Madhumeha.	V.M. 32/36

Cikitsa Kalika (10th Cent. A.D.)

This Chikitsa Grantha is written by Tisatacharya. Chandrata, his son, has written a sanskrit commentary on this book. Gokshura mentioned in Samanaousadhi gana of this book. With the name of Trikantaka, gokshura is mentioned in Rasanadi Gana for vatashamana karma in this book (Chi. Ka./48). Later in treatment of Mutrakricchra diseases described Gokshura synonym- Trikantaka as kvatha form (Chi. Ka./258)¹⁵.

Chakradatta (11th Cent. A.D.)

This is very important chikitsa grantha, which has been written by Chakrapanidatta, the great commentator of Charaka Samhita and Sushruta Samhita. Gokshura was mentioned in different formulations in this grantha whereas also mentioned as the main drug of mutrakricchra and mutraroga. All preparations of Gokshura for respective disease are described in table no. 8¹⁶.

Table 8: Gokshura in Chakradatta

S.No.	Dosage Forms	Used part	Indications	References
1.	Amritadi Kvatha	Trikantaka	Vataja Mutrakricchra	C.D. 32/1
2.	Shatavaryadi Kvatha	Svadanstra	Pittaja Mutrakricchra	C.D. 32/6
3.	Haritakyadi Kvatha	Gokshura	Daha-ruja-vibandhaja Mutrakricchra	C.D. 32/7
4.	Svadanstradi Kvatha	Svadanstra	Kaphaja Mutrakricchra	C.D. 32/13
5.	Gokshura Kvatha	Gokshura Bija	Sharkaraj Mutrakricchra	C.D. 32/17
6.	Trikantakadi Kvatha	Trikantaka	Ashamarija Mutrakricchra	C.D. 32/22
7.	Shatavari ghrita	Svadanstra	Pittaja Mutrakricchra	C.D. 32/27
8.	Trikantakadya ghrita	Trikantaka	Mutrakricchra , Ashamari	C.D. 32/28
9.	Sukumarakumaraka ghrita	Trikantaka	Mutrakricchra, Katistambha, Yonishoola, Medhravankshana shoola.	C.D. 32/29
10.	Trikantakasadhita Kshira	Trikantaka	Mutrakricchra	C.D. 33/9
11.	Virtaradi gana	Svadanstra	Ashamari, Sharkara, Mutrakricchra , Mutraghata	C.D. 34/3
12.	Shunthyadi Kvatha	Gokshura	Ashamari, Mutrakricchra ,	C.D. 34/5

			Deepan, Pacana	
13.	Eladi Kvatha	Svadanstra	Ashamari, Sharkara, Mutrakricchra	C.D. 34/33
14.	Kulatthyadi Ghrita	Gokshura	Ashamari, Mutrakricchra, Mutraghata, Mutravibandha	C.D. 34/38
15.	Sharpanchamuladi ghrita	Gokshura	Ashamari, Mutrakricchra	C.D. 34/40
16.	Varunadya Taila Basti	Trikantaka panchaEga	Ashamari Shoola, Sharkara, Mutrakricchra .	C.D. 34/49

Vangasena Samhita (12th Century A.D.)

The other name of Vangasen Samhita book is Chikitsa Sara Sangraha. This Samhita is written by Acharya Vangasena in 12th Century. The

drug Gokshura is indicated in Mutrakricchra vikara with different formulations as followed in table no. 9¹⁷.

Table 9: Gokshura in Vangasen Samhita

S.No.	Dosage forms	Name	Indications	References
1.	Shunthyadi Kvatha	Gokshura	Ashamari, Mutrakricchra , Deepan, Pacana	Va. Sen. 73/9-10
2.	Virataradi gana	Gokshura	Ashamari, Sharkara, Mutrakricchra , Vatahara	Va. Sen. 73/18
3.	Kushadi taila	Gokshura	Sharkara, Ashamari, Mutrakricchra , YoniShoola, Shukradosha	Va. Sen. 73/56-59
4.	Kulatthadi Ghrita	Gokshura Bija	Ashamari, Mutrakricchra, Mutraghata, Mutrabandha.	Va. Sen. 73/76
5.	Sharadipanchamula Ghrita	Gokshura	Sharkara, Ashamari, Mutrakricchra , Retomargruja	Va. Sen. 73/78
6.	Eladi Kvatha	Svadanstra	Mutrakricchra , Ashamari	Va. Sen. 73/11
7.	Kvatha	Svadanstra	Sharkara, Ashamari, Mutrakricchra	Va. Sen. 73/48
8.	Virataradya taila	Svadanstra	Vata-pitta roga, Sharkara, Ashamari, Shoola, Mutrakricchra	Va. Sen. 73/88
9.	Varuna Taila	Trikantaka	Sharkara, Ashamari, Shoola, Mutrakricchra	Va. Sen. 73/55

Sharangadhar Samhita (1400 A.D.)

Sharangadhar Samhita is famous for important contribution of different compound formulations which comes under Laghuttrayi. It is written by Acharya Sharangdhara Samhita, son of Damodar Mishra. This book is divided into three parts- purva khanda, madhyama khanda and utara

khanda. Many new formulations have been mentioned in this treatise to treat many ailments like shakhotaka in shlipada, shringabhasma in hridiyashula and kanchanara in gandamala etc. Gokshura is indicated in Mutrakricchra roga with different formulations as described in table no. 10¹⁸.

Table 10: Gokshura in Sharangdhar Samhita

S.No.	Dosage Forms	Used part	Indications	References
1	Maharasanadi Kvatha	Gokshura	Sarva-Vataroga, Shukraroga, Yoniroga	Sha.S.M.Kh. 2/91
2.	Haritakyadi Kvatha	Gokshura	Ruja- Dahayukta Mutrakricchra , Vibandha	Sha.S.M.Kh. 2/103
3.	Virtarvadi gana Kvatha	Gokshura	Ashamari, Mutrakricchra, Mutraghata.	Sha.S.M.Kh. 2/105
4.	Eladi Kvatha	Gokantaka	Ashamari, Sharkara, Mutrakricchra	Sha.S.M.Kh. 2/107
5.	Gokshura Kvatha	Samula Gokshura	Mutrakricchra , UsnaVata	Sha.S.M.Kh. 2/109
6.	Gokshuradi guggulu	Gokshura	Prameha, Mutrakricchra , Mutraghata, Ashamari	Sha.S.M.Kh. 7/84
7.	Changeri ghrita	Svadanstra	Grahani, Arsha, Mutrakricchra	Sha.S.M.Kh. 9/21
8.	Dashmularishta	Gokantaka	Ashamari, Sharkara, Mutrakricchra, Dhatukshaya.	Sha.S.M.Kh. 10/77

Bhava Prakasha Samhita (16th Century A.D.)

This essential text has been written by Pt. Bhava Mishra. Different preparations of Gokshura have been mentioned for various diseases in this

literature. Gokshura and its indications related to mutrakricchra disease are as follows in table no. 11¹⁹.

Table 11: Gokshura in Bhavaprakash Samhita

S.No.	Dosage forms	Name	Indications	References
1.	Haritakyadi Kvatha	Gokshura	Mutrakricchra, MutraDaha, Ruja, Mutravibandha	B.P.Chi. 35/20
2.	Kvatha	Gokshura	Prameha, Mutrakricchra , Mutraghata, Ashamari, Pradara	B.P.Chi. 35/26
3.	Kvatha	Gokshura mula	Mutraghata, Mutrakricchra , Shukradosha	B.P.Chi. 36/41
4.	Shunthyadi Kvatha	Gokshura	Ashamari, Mutrakricchra , Deepan, Pacana, Kosthashrata Vata	B.P.Chi. 37/9
5.	Shatavari ghrita	Gokshura,	Ashamari, Sharkara Mutrakricchra ,	B.P.Chi. 37/18
6.	Trinapanchamuladi ghria	Gokshura beeja	Mutradosha, Sharkara, Ashamari	B.P.Chi. 37/57
7.	Kushadi taila	Gokshura	Sharkara, Ashamari, Mutrakricchra	B.P.Chi. 37/59
8.	Kulatthadi ghrita	Gokshura	Sarva-Ashamari, Mutrakricchra , Mutraabhighata,	B.P.Chi. 37/80

			Mutrabandha	
9.	Sharadipanchamula ghrta	Gokshura	Ashamari, Mutrakricchra , Retomargaruja	B.P.Chi. 37/82
10.	Kvatha	Trikantaka	Mutrakricchra , Vataroga	B.P.Chi. 35/13
11.	Trikantakadi ghrta	Trikantaka	Pittaja Mutrakricchra , Sarva-Ashamari, Mutravighata	B.P.Chi. 35/22
12.	Kvatha	Trikantaka	Ashamarija Mutrakricchra	B.P.Chi. 35/38
13.	Sukumarakumaraka rasayana	Trikantaka mula	Mutrakricchra , Katisransa, Medhra-Vankshana-Yoni Shula	B.P.Chi. 35/49
14.	Varunadi taila	Trikantaka	Sharkara, Ashamari, Shula, Mutrakricchra	B.P.Chi. 37/58
15.	Shatavaryadi Kvatha	Svadanstra	Pittaja Mutrakricchra	B.P.Chi. 35/18
16.	Sarpi	Svadanstra	Pittaja Mutrakricchra	B.P.Chi. 35/21
17.	Eladi Kvatha	Svadanstra	Sharkara, Ashamari, Mutrakricchra	B.P.Chi. 37/11
18.	Kvatha	Svadanstra	Sharkara, Ashamari, Shula, Mutrakricchra	B.P.Chi. 37/51
19.	Virataradi taila	Svadanstra	Sharkara, Ashamari, Mutrakricchra	B.P.Chi. 37/92

Yogaratanakara (17th Cent. A.D.)

Yogaratanakara book was written in 17th Cent. Various pharmacological preparations of Gokshura with different useful part have been

described in mostly Mutrakricchra. Different uses related mutrakricchra and their indications are presented as under in table 12²⁰.

Table 12: Gokshura in Yogaratanakara

S.No.	Dosage forms	Name	Indications	References
1.	Haritakyadi Kvatha	Gokshura	Pittaja Mutrakricchra	Y.R. 36/19
2.	Kvatha	Gokshura Bija	Shakritajanya Mutrakricchra	Y.R. 36/39
3.	Samulagokshuradi Kvatha	Gokshura mula	Mutrakricchra , UshnaVata	Y.R. 36/44
4.	EladiChurna	Gokshura	Mutrakricchra	Y.R. 36/56
5.	Kvatha	Gokshura	Sarva-Mutrakricchra	Y.R. 36/57
6.	Shatavari ghrta	Gokshura, Svadanstra phala	Sarva-Mutrakricchra , Mutradosha, Ashamari, Sharkara	Y.R. 36/63-66
7.	Dhanyagoksuradya ghrta	Gokshura	Mutraghata, Mutrakricchra , Shukradosha	Y.R. 37/48
8.	Ushiradi Churna	Gokshura	Raktapitta, Asrgadara, Padadaha, Mutraghata, Mutrakricchra , Raktashrava	Y.R. 38/58
9.	Shunthyadi Kvatha	Gokshura	Vataja Ashamari, Mutrakricchra	Y.R. 38/20
10.	Shilajatvadi	Gokshura	Ashamarija Mutrakricchra	Y.R. 38/36
11.	Kvatha	Trikantaka	Vataja Mutrakricchra	Y.R. 36/15

12.	Trikantakadi Kvatha	Trikantaka	Ashamarija Mutrakricchra	Y.R. 36/42
13.	Trikantakadya ghritha	Trikantaka	Mutrakricchra , Ashamari, Mutraghata	Y.R. 36/62
14.	Trikantakadi guggulu	Trikantaka	Prameha, Pradara, Mutraghata, Mutrakricchra , Ashamari, Shukra dosha	Y.R. 36/67
15.	Trikantakadi yoga	Trikantaka	Vataja Shula, Mutrakricchra	Y.R. 37/36
16.	Shatavaryadi Kvatha	Svadanstra	Pittaja Mutrakricchra	Y.R. 36/18
17.	Shatavaryadi Sarpi	Svadanstra	Pittaja Mutrakricchra	Y.R. 36/25
18.	Eladi Kvatha	Svadanstra	Ashamarija Mutrakricchra	Y.R. 36/41
19.	Eladi Kvatha	Svadanstra	Sharkaraja and Ashamarija Mutrakricchra	Y.R. 38/34
20.	Pashanabheda Paka	Svadanstra	All type of Ashamari, Mutrakricchra , Mutraghata, Sarva-prameha, Adhoga – Raktapitta.	Y.R. 38/51
21.	Gokshuradi Kvatha	Gokantaka	Mutrakricchra , Mutrashukra, Mutraotsangha	Y.R. 37/34

Bhaisajya Ratnavali (19th Century A.D.)

This text book of Chikitsa has been written by Govind Das Sen ji. Use of Gokshura in

Mutrakricchra with various preparations and formulations are described, which are mentioned below through table 13²¹.

Table 13: Gokshura in Bhaisajya Ratnavali

S.No.	Dosage Forms	Name	Indications	References
1.	Vidaryadi Kvatha	Gokshura	Pittaja Mutrakricchra	B.R. 34/18
2.	Gokshura Kvatha	Gokshura Bija	Raktaja Mutrakricchra	B.R. 34/19
3.	Dhatrayadi Kvatha	Gokshura	Mutrakricchra	B.R. 34/23
4.	Haritakyadi Kvatha	Gokshura	Mutrakricchra , Daha, Ruja, Vibandha	B.R. 34/27
5.	Pashanabhedadi Kvatha	Gokshura	Mutrakricchra	B.R. 34/30
6.	Tarkeshvara rasa	Gokshura	Mutrakricchra	B.R. 34/35
7.	Trinetraakhya rasa	Gokshura	Mutrakricchra	B.R. 34/41
8.	Kvatha	Gokshura	Pittaja Mutrakricchra	B.R. 34/56
9.	Pathya Ahara	Gokshura	Mutrakricchra	B.R. 34/68
10.	Ushiradya Taila	Gokshura patra, phala, mula	Mutraghata, Mutrakricchra , Ashamari	B.R. 35/46
11.	Varunadi Kvatha	Gokshura Bija	Ashamari, Mutrakricchra , Basti-Mehan Shula	B.R. 36/4
12.	Shunthyadi Kvatha	Gokshura	Ashamari, Mutrakricchra , Deepan, Pacana	B.R. 36/7

13.	Brihata-goksuradya Avaleha	Gokshura	Ashamari, Mutrakricchra, Mutraghata, Vibaddha, Shukradosha	B.R. 36/23
14.	Kulatthadya Ghrita	Gokshura	Ashamari, Mutrakricchra, Mutraabhighata, Vibandha.	B.R. 36/48
15.	Shatavaryadi Kvatha	Svadanstra	Pittaja Mutrakricchra	B.R. 34/26
16.	Pashanabhedadi Kvatha	Svadanstra	Mutrakricchra	B.R. 34/29
17.	Eladi Kvatha	Svadanstra	Ashamari, Mutrakricchra	B.R. 34/32
18.	Svadanstradi lepa	Svadanstra phala, mula	Bastishuddhi by Mutra-nisyandana	B.R. 34/34
19.	Shatavaryadi Ghrita	Svadanstra	Pittaja Mutrakricchra	B.R. 34/56
20.	Eladi Kvatha	Svadanstra	Ashamari, Mutrakricchra	B.R. 36/10
21.	Trikantakadi Kvatha	Trikantaka	Ashamari, Mutrakricchra	B.R. 34/22
22.	Dhatryadi Kvatha	Trikantaka	Mutrakricchra, Ruja, Daha	B.R. 34/24
23.	Amritadi Kvatha	Trikantaka	Vataja Mutrakricchra	B.R. 34/25
24.	Trikatakadya Ghrita	Trikantaka	Mutrakricchra, Ashamari, Mutraghata.	B.R. 34/58
25.	Sukumarakumaraka Ghrita	Trikantaka	Mutrakricchra, Katistambha, Medhra-Vankshana-Yoni Shula	B.R. 34/59
26.	Varunadya Taila	Trikantaka tvaka, patra, puspa, mula.	Sharkara, Ashamari, Shula, Mutrakricchra .	B.R. 36/ 68

Mode of action of Gokshura (*Tribulus terrestris* Linn.) as per Ayurvedic literature

Mutrakricchra is caused mainly the predominance of vata dosha. Whenever Vata presence its normal state means praguna i.e anukula vayu then normal flow of urine occurred and when vayu becomes pratiloma means opposite of normal state then caused various diseases of urinary system (Su.Ni.3/27-28)². Difficulty in passing urine, usually associated with pain is termed as Mutrakricchra¹.

In most of classical literature, Gokshura is indicated in mutrakricchra. Bastishodhaka karma of Gokshura describe by Bhava Prakasha Nighantu. Gokshura have Madhura- rasa, Madhura- vipaka, shita; virya and Tridoshashamaka. Regarding these properties, Gokshura is also declared as 'Vata-pittashamaka' in most of the texts of Ayurveda. This may be due to its shita- virya, Madhura- rasa

and Madhura- vipaka. So, it will be effective in Vataja and Pittaja Mutrakricchra²².

III. DISCUSSION & CONCLUSION

In Charaka samhita, Gokshura is included in vatahara dravyas and indicated for bastishula, mutravikara and pittaja and kaphaja mutrakricchra. And it is best medicine for mutrakricchra and vatahara. In Sushruta samhita, it is also indicated in vataja mutrakricchra and in mutradoshas. In Harita Samhita, use of gokshura kvatha in bastishula, mutranirodha and Mutrakricchra has been mentioned. While in Ashtanga Samgraha and Astanga Hridaya, it is found that gokshura is effective for all types of mutravikara and all types of Mutrakricchra. With all these uses in Kashayap Samhita, it is found that svadanstra kvatha is effective in raktaja Mutrakricchra. And there are so

many preparations of gokshura have been found for mutrakricchra vikara with other ailments of urinary system in different ayurvedic chikitsa granthas.

In this review paper, Gokshura (*Tribulus terrestris* Linn.) has been searched from Vedic era up to modern era Ayurvedic literature. It was found that gokshura with their ayurvedic properties could be very effective in the treatment of urinary disorders especially for mutrakricchra roga. In this respect, need to carry out to explore gokshura for its therapeutic value to prevent and cure urinary disorders. Through this critical review readers will be better understand the old history of Ayurvedic chikitsa with various preparations of gokshura in urinary diseases.

IV. ACKNOWLEDGEMENT-

The corresponding author expresses her sincere gratitude to her supervisor Prof. A.K. Singh, Prof. Dept. of Dravyaguna, Faculty of Ayurveda, IMS, BHU for his continuous guidance during this work. The Author also admires assist and support of Dr. Omprakash Bairwa, Asst. Prof. Dept. of Kaumarbhritya and Dr. Rajkumar yadav, Junior resident, Dept. of Dravyaguna, Faculty of Ayurveda, IMS, BHU.

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