



A preliminary physico-chemical assay of gokshura-punarnava basti-A pilot study

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Abstract-

Gokhru also know as tribulus terrestris (small gokhru) and pedalium murex (big gokharu), are traditinal medicinal plant used in ayurvedic and unani Systems , particular for sexual health and urinary disorders ,contaning varioues bioactive compounds like Saponius and alkaloids ,it is also use in sannipatile Disoder. Recent Research work cliams that it has anticancer,lithortriptic,hepatoprotective, diuretic and aphrodisaic properties in this study we try to aphrodisiac properties , in this study we try to assemble all the information's about gokharu mentioned in ayurvedic nighantus.

Keywords-

Pedalium ,murex,medicinal plant ,Tribulus Terrestris ,Infertility.

Introduction-

medicinal plant part and isolated phytochemicals have been used in healthcare since time Immemorid which are Resources for new Drugs. The plnt has medicinal attributes. An Infesion from leaves and steam was reported to be used in tretment of gonorrhea and dysurea .In the Past several favonoids have

been Isolated from the leaves and fower.Ghokhru is available all over India especially north and south India .The Classical categorization of gokharu in caraka Samtuita sothanhara . mutra viracaniya and krmighna but in susruta samhita it Memtioned in vidarigandhyadi ,vitaravadi and laghu pancamalavratavadi ganza ,vagbhata Categorized gokharu in vidarigandhyadi gana.



Botanical Name-

Tribulus Terrestris

Linn .

Kingdom- Plantae,

plant

Phylum /Divistion -magnoliophyta .

Class -Magnoliopsida

Subclass- lamiidae

Order -caryophyllales

Family - pedaliaceae

Genus -pedalium

species-P.murex.L

Vernacular Name-

English - caltroup fruits ,caltropes, small caltrops,land caltrops Hindi -

Gokharu ,Gokshri,

Burragokhar

Sanskrit-

Shavadnstra,

Traikantaka, Gokaru,Bahukantaka. Arabic-khask ,kharakhusk,kohuj Urdu- Gokharu

Marathi-sarate ,savala,sharatte, Gujarati- Nahangokharu,mitaangokhru, Betagokharu

Botanical description- samll herb with 2 to 3 ft of Height branches - Spred from all the sides.

Leaves-like that of gram plant fower- small, yellow Colored with fve petales fruits-slightly pentagonal having 2-3 Sharp thorns . Seeds -many contain Scented oil .

Roots- 10 -13 cm long ,Smoky with Slightly Strong smell and sweet fowing occurs in autum followed by Frutting .



Chemical constituents -

Fruite -Alkaloids 3.5 % -5% ,Stable oil. Aromatic oil ,resins ,glycosides ,Carbohydrates ,saponins and triterpenoids.

Stream - saponins ,herman ,phytosterols ,tannins and carbohydrates,

Roots-Reducing sugar ,phenolic compound .saponins xanthoproteins ,alkaloids triterpenoids and Flavonoids .

Leaves-favonoids,Alkaloids ,Steroids ,resins ,saponins and Proteins.



Pharmacological action –

1) diurectic effect -jabbar and Co-workers the Effects of herbal extract of *T. Terrestris* on the urine output and Electrolytes in rabbits and Noted Significant increases in Urine volume over a Period. additionally ,they also noted that is Significantly Decreased the Sodium level Throughout the Stray Period .Hence ,they Recommended that the used of this herb may be promoted as Diuretic agent who will be helpfull in hypertensive and renal Disease Patients .

2) methanolic Extract of leaf and Fruits was Used to Aganist 12 different pathogenic micro -organism for their Antibacterial Activity was noted against gram Positive Bacteria than gram negetive Bacteria Positive contract showed Antibacterial Activity and Thereire was no inhibition with negative contract

3) Antioxidant activity -

T.terrestris exhibits potent antioxidant Properties due to its Various bioactive Compounds . potentially helping to protect the Body From Damage Caused by fress Radicales and oxidative Stress *T.terrestris* significantly reduce the formation of hydroper oxide thus implying that this species is powerful natural antioxidant .

4)Analgesic activity - *T.terrestric* plant , Commanly Known as gokharu ,exhibit analgesic activity ,as shown in test using formation and tail flick Methods an male mice ,with the methanolic extract proving Effective at a 100 mg /kg dose

5)Antitumor activity-Trouillas et at2005 found that other sapanins ,steructually similar to diosgenin ,present in *T. Terrestrial* block cell cycle ,suppress proliferamtion and indused Apoptos is in human sarcoma cell lines sisto et al .in theirre study showed Experimental evidance that TT has a Preventive afcency Aganist VVB Indused carcinogenesis and the Molecular Knowledge on the machnisms thoroughly which TT saponins regulate cell death suggest great potential for cancer Paitenent.

6) Anti-Infammotory Activity -

T. Terrestris has demonstrated anti-infammatroty activity Through its Various Compounds and alkaloids and used in traditinal medicine for Varioues Ailmeats ,Including infammotroy condition .Animal Studies were performed Using carrageenan induced paw edema Principles in albino wister Rats, paw edema principle in albino wister rats .



Therapeutic uses-

- 1) Gokharu is a small Lefty plant commonly Known as tribulus Terrestris in Western Countries .in traditional Medicines,People used gokharu to treat Various Disorders such as urinary tract Disorders,kidney Disesase , and Evec tile Dysfunction .
- 2) It is Useful as munzij ,mullayin , and in hararate jigar it is also used in Premature ejaculation .it Improves the spermatogenesis and can be Used in olinj .
- 3) powder of gokharu ,200 Gms and fulll Single 6 g twice daily is usefull in Lever Diseases .
- 4) Gokharu fruits are also used to care ,cough and Scabies
- 5) gokharu tea is consumed in some parts of the words for its Potential health benefit.
- 6) Gokharu capsules and tablet are Available in market as diatavy supplements.
- 7) Gokharu has been used to prevent and treat. Kidney Stone by teducing the formation of Calcium oxalate Crysatsl.
- 8)It decoction is useful in cough, shortness of breath, and hoarseness of voice decoction with ghee is usefull to expel balgham
- 9)oil of usefully in nakseer and dryness of nose
- 10) decoction of Leaves is usefull as a gargle for mouth ,Trouble ,painful gum ,and to reduce Infamattion .

Conclustion -

Gokharu is a potentioal herbs having immeasurable benefecialyQuality in differnt aspect have been used by our Ancestores .it has singnificant role toDestroy diseases of nutravalia srota as well as other System.The rasayana and vrisya effect of gokharu take a Unique place in the traditional Herbes based Remedies and also economical growth of the natio.

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