

# THE AYURVEDIC PHARMACOPOEIA OF INDIA

PART- I

VOLUME – I



**GOVERNMENT OF INDIA**  
**MINISTRY OF HEALTH AND FAMILY WELFARE**  
**DEPARTMENT OF AYUSH**

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Note: This e-Book contains Computer Database generated Monographs which are reproduced from official publication. The order of contents under the sections of *Synonyms, Rasa, Guna, Virya, Vipaka, Karma, Formulations, Therapeutic uses* may be shuffled, but the contents are same from the original source. However, in case of doubt, the user is advised to refer the official book.

## 26. Gokshura (Fr.)

### GOKṢURA (Fruit)

Gokṣura consists of dried, ripe, entire fruit of *Tribulus terrestris* Linn. (Fam Zygopyllaceae), an annual, rarely perennial common weed of the pasture lands, road sides and other waste places, chiefly in hot, dry and sandy regions, grows throughout India as prostrate herb and upto 3,000 m in Kashmir.

#### SYNONYMS

Sanskrit	:	Śvadamṣṭrā, Gokṣuraka, Traikaṇṭaka, Trikaṇṭa
Assamese	:	Gokhurkata, Gokshura
Bengali	:	Gokhri, Gokshura
English	:	Caltrops fruit
Gujrati	:	Bethagokharu, Mithagokhru, Nanagokharu
Hindi	:	Gokhru
Kannada	:	Neggilamullu, Neggilu, Sannaneggilu
Kashmiri	:	Pakhda, Michikand
Malayalam	:	Nerinjil
Marathi	:	Gokharu, Sarate
Oriya	:	Gokhyura, Gukhura
Punjabi	:	Bhakhra, Gokhru
Tamil	:	Nerinjil, Nerunjil
Telugu	:	Palleru Kaya
Urdu	:	Khar-e-Khasak Khurd

#### DESCRIPTION

##### a) Macroscopic

Fruit stalked, light or greenish yellow, five ribbed or angled, more or less spherical in structure and covered with short stiff or pubescent hairs, 1 cm in diameter with five pairs, of prominent short stiff spines, pointed downwards, about 0.5 cm in length, tips of spines almost meet in pairs whole together forming pentagonal framework around fruit, ripe fruit separates into five segment, of each cocci and each appears as single-fruit, each coccus semi-lunar or plano-convex in structure one chambered, armed with a pair of spines, starting from its middle, containing four or more seeds, taste, slightly astringent.

##### b) Microscopic

Transverse section of fruit shows small epidermal cells of each coccus rectangular, unicellular trichomes in abundance, mesocarp 6-10 layers of large parenchymatous cells, rosette of calcium oxalate crystals abundantly present, mesocarp

followed by 3-4 compact layers of small cells containing prismatic crystals of calcium oxalate.

### **IDENTITY, PURITY AND STRENGTH**

Foreign matter	Not more than	1	per cent, Appendix	2.2.2.
Total Ash	Not more than	15	per cent, Appendix	2.2.3.
Acid-insoluble ash	Not more than	2	per cent, Appendix	2.2.4.
Alcohol-soluble extractive	Not less than	6	per cent, Appendix	2.2.6.
Water-soluble extractive	Not less than	10	per cent, Appendix	2.2.7.

**CONSTITUENTS** - Potassium nitrate, sterols, sapogenin with pyroketone ring (diosgenin), gitogenin and hecogenins.

### **PROPERTIES AND ACTION**

<b>Rasa</b>	:	Madhura
<b>Guna</b>	:	Guru, Snigdha
<b>Virya</b>	:	Śīta
<b>Vipaka</b>	:	Madhura
<b>Karma</b>	:	Br̥ṃhaṇa, Vātanut, Vṛṣya, Aśmarīhara, Vastiśodhana

**IMPORTANT FORMULATIONS** - Gokṣurādi Guggulu, Traikaṇaka Ghṛta, Drākṣadi Crūna

**THERAPEUTIC USES** - Śūlaroga, Arśa, Śvāsa, Daurbalya, Hṛdroga, Kāsa, Mūtrakṛcchra, Aśmarī, Pramēha

**DOSE** - 3-6 g of the drug in powder form.  
20-30 g of the drug for decoction.