

# Gokshura

( *Tribulus terrestris* )



In Ayurvedic pharmacology, *Tribulus terrestris* is used as a powder form of the aerial parts, particularly the fruits and it is known in Sanskrit as 'Gokshura', meaning the "cow's hoof", possibly because the small thorns tend to get stuck on grazing animals. *Gokshura* is believed to contribute to overall physical, as well as sexual, strength by building all the tissues, especially 'shukra dhatu' (reproductive tissue). It is believed to be useful in kidney, bladder, urinary tract and uro-genital related conditions, where it is said to act as a diuretic.

*Gokshura* is a herb from Ayurveda that is mostly recommended for male health including virility and vitality, and specifically more catered towards cardiovascular and urogenital health. It is a common supplement for its libido enhancing properties and supposed testosterone boosting properties.

In animal research, the fruits of tribulus appears to protect the organs (mostly liver and kidneys) from oxidative damages at reasonably low dosages and also exert anti-stress effects; confirming the status of *tribulus terrestris* as an Adaptogen.<sup>1</sup>

## Active Contents:

The main active content of *Gokshura* is saponins, which after hydrolysis process convert in to diosgenin, sapogenins, gitogenin, chlorogenin, ruscogenin, 25D-spirosta-3 and 5-diene. The leaves and fruits also contains flavonoids rutin, quercetin, kaempferol, kaempferol-3-glucoside and-rutinoside, and tribuloside. Fruits and stems --Kaempferol and Quercetin.<sup>2</sup>

## Herb actions:

**Loss of Libido & Erectile dysfunction:** *Gokshura* improves sexual desire and drive, which subsequently improves sexual performance. Protodioscin is a phytochemical agent derived from *Tribulus terrestris* plant, which has been clinically proven to improve sexual desire and enhance erection via the conversion of protodioscine to DHEA (De-Hydro-Epi-Androsterone).<sup>3</sup>

**Anti Hypertensive:** The *Gokshura* is having a significant anti-hypertensive effect both systolic and diastolic without any side effects. Therefore this plant diuretic can be safely recommended for a longer period to the patients of mild to moderate hypertension mainly associated with fluid retention.<sup>4</sup>

**Urinary disorders:** *Gokshura* helps in the management of urinary disorders like kidney stones, bladder infection and other urinary tract infections. It helps promote general urinary tract health by eliminating dysuria (painful/bleeding urination) and crystalluria (presence of crystals in urine).

**Indications:** Depressed libido, Erectile dysfunction, Urinary disorders.

**Contraindications:** None

**Recommended dose:** 1 capsule two to three times a day or as advised by the physician

**Composition:** Each capsule contains 400 mg standardized extract of *Gokshura (Tribulus terrestris)*.

## References :

1. Wang Z, et al Effect of tribulus terrestris saponins on behavior and neuroendocrine in chronic mild stress depression rats . *J Tradit Chin Med.* (2013).
2. National R & D Facility for Rasayana (<http://www.frlht.org/rasayana/node/80>).
3. Phytochemicals and the breakthrough of traditional herbs in the management of sexual dysfunctions International Journal of Andrology Volume 23, Issue S2, pages 82–84, April 2000.
4. Anti-hypertensive effect of Gokshura (*Tribulus terrestris* Linn.) A clinical study Ancient Science of Life Vol. No XIX (3&4) January, February, March, April 2000 pages 139 - 145