



Review Article on Gokhru

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ABSTRACT:

Currently, seasoning medicines have earned nice preferences over chemical drug primarily based medicines because of a lot of economic, lesser facet effects on health and simple availableness. Gokhru is a vital medicative plant that is being employed in preparation of formulations in pharmaceutical firms. This review was conducted to review concerning these 2 vital medicative plants and their uses in activity varied diseases rosid dicot genus terrestris a region herb conjointly called Gokshura`in Ayurveda` and Bai Islamic Group Li in China that traditionally has` been used for sexual and excretory organ dysfunctions additionally as intestinal colic pains,`hypertension and hypercholes Terolemia.Currently, seasoning medicines have earned nice preferences over chemical drug primarily based medicines because of a lot of Economic, lesser facet effects on health and simple available ness .Gokhru is of 2 sorts i.e.Chhota gokhru (Tribulus Terrestris) and Bada Gokhru (Pedalium murex L.). it's conjointly terribly useful in fidgety skin and blood purification. During this paper history ,uses, scientific studies and alternative advantages has been mentioned. Gokhru (Pedalium murex L.) isn't solely employed in seasoning medicines for treatments of diseases however conjointly employed by the athletes for enhancing their stamina and performance.

Key words: gokhru,Scientific Studies,GOKHRU research, benefits.Pedalium Murex, Medicinal Plant, Tribulus Terrestris, Infertility.

Introduction:



Fig: Gokhru

The name and synonyms of gokshura found within the religious text. Charka known it's the simplest drug for mutrakrichha and Gokshura is one among the herbs that or well as "sothahara". the foundation of goksh the vital ingredients of dashmula spreads on ground and growing wide with aroma of sugarcane. Leaves or the same as those of gram plant. The fruits resembling water chestnut armed with spines. healthful plants elements and isolated phytochemicals are employed in care since past that ar resources for brand new medication. it's been calculable that twenty five per cent of the medication prescribed Worldwide ar derived from plants. The usage of Gokhru dates back to sacred text amount. Indic linguistic scientist grammarian quoted this herb in his work (Panini Republic of Ghana Patha, 4/3//154). Charka represented it as Mutra Virecaniya (diuretic), Sotha hara (anti-inflammatory) and Krimighna (anti-microbial). This herb is understood for its result On filtration defects of nephritic system and tract infections Prameha (diabetes) in Indian drugs.

Synonyms: Tribulus and Puncture Vine.

Biological Source:

It consists of the dried ripe seeds of *Tribulus terrestris* Linn., belonging to family Zygophyllaceae

Geographical Source:

The plant is Associate in Nursing annual, prostrate herb growing throughout Asian country up to three,500 m in geographical region. The plant is found in arid climate region round the world as in southern USA, MEXICO, SPAIN'S, Asian country and China. Flower in season and collect in Oct and November Cultivation and collection

Collection:

- Propagated by seed.
- Fresh seed exhibit seed dormancy & few will germinate immediately

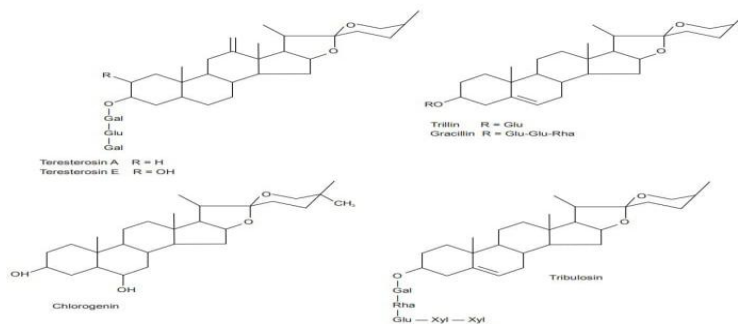
- after development
- High temperature are needed for germination and growth.
- Seeds are dormant over the autum & winter month & germinate in late spring & early summer when condition are moist.
- Yellow flower can appear within 3 week.
- Fruits are produce continuously through the summer & autumn month.
- Single plant can produce many as 400 fruits.

Macroscopy:**Colour**-fruits are greenish to gray**Odour**-odourless**Size**-1.0 to 1.5cm in diameter,8.5mm in thick**Shape**-fruits are globose,consisting of 5 to10 Woody cocci**Texture**-hard**Taste**-slightly bitter and astringent**Chemical Constituents:**

Tribulus Terrestris has saponins, flavonoids, glycosides, alkaloids, sterols, nitrates and tannins..

CHEMICAL CONSTITUENTS

- Alkaloids (0.04%) : PUNARNAVINE
- Nitrogenous compounds : Allointoin,
- Also contains Potassium nitrate(6%)
Urosolic acid
 β -sitosterol
Palmitic acid,
Stearic acid,
Arachidic acid,

**Benefits and Therapeutic Uses:**

- Relieves Urinary Disorders
- Improves Kidney Functions
- Boosts Sexual Health And Stamina
- Treats PCOS
- Boosts Libido
- Promotes Cardiac Functioning
- Aids In Digestion
- Dismisses Pain

Botanical Name: Tribulus terrestris Linn.**Taxonomic Tree**

Domain: Eukaryota

Kingdom: Plantae

Phylum: Spermatophyta

Subphylum: Angiospermae

Class: Dicotyledonae

Order: Geraniales
 Family: Zygophyllaceae
 Genus: Tribulus
 Species: Tribulus terrestris

Vernacular Name:

English: Caltrops fruits **Gujarati:** Bethagokhru,
Telugu: Palleru kayalu **Hindi:** Gokhru
Tamil: Nerinjil **Sanskrit:** Shvadanstra
Oriya: Gukhura **Kannada:** Sannaneggilu
Marathi: Sarate **Kashmiri:** Michirkand,
Urdu: Khorkashak **Punjabi:** Bhakhra

Scientific Classification:

Kingdom: Plantae
 Division: Phanerogams
 Class: Dicotyledonae
 Order: Giraniales
 Family: Zygophyllaceae

Types Of Ghokru:

- 1) Chota Ghokru (Tribulus Terrestris)
- 2) Bada Ghokru (Pedalium murex L.)

1) Chota Ghokru (Tribulus Terrestris) :



Fig : Chota Gokhru

It is native to heat temperate and tropical regions in southern continent and Africa. It's been accidentally introduced to North America and Australia. AN aggressive and hardy invasive species, T. terrestris is wide referred to as a pestilent weed attributable to its little woody fruit – the bur – having long sharp and robust spines that simply penetrate surfaces, like vacant feet or skinny shoes of crop employees and different pedestrians, the rubber of bicycle tires, and also the mouths and skin of grazing animals. Chhota Gokhru (Tribulus terrestris) is additionally referred to as gokshura, bhakhdi, puncture tracheophyte, goat-head. It's AN annual woody plant distributed in Mediterranean, semitropical and heat environmental condition regions like Bharat, China, Southern USA, Mexico, Spain, and Balkan state [4,5]. Chhota Gokhru (T. terrestris) is mostly referred to as pestilent weed attributable to its little woody briery fruits.

Distribution: Chhota Gokhru (Tribulus terrestris) plant is distributed throughout India, ascending to 3300 m in Himalaya.

2) Bada Ghokru (Pedalium murex L.) :



Fig: Bada Ghokru

The plants are common in hot, sandy and dry parts of the country such as Deccan, Gujarat, Andhra Pradesh, South Haryana and Rajasthan. Bada Gokhru, Brihat Gokhru, Large caltrops, Peru-neranji, Kaitu neringil are few common names of *Pedalium murex*. It is a medicinal plant, and used in Ayurveda, for the treatment of calculi, spermatorrhoea, amenorrhoea, dysmenorrhoea, inflammation, ulcers, fever, and other disorders of genitourinary system. It has significant diuretic properties due to which it increases flow of urine, and hence used in urinary, kidney stones, and dropsy. The decoction of the fruits is used as demulcent, diuretic, antispasmodic, and aphrodisiac. According to Ayurveda, it is a cooling, improves appetite, purifies blood, Tonic, and aphrodisiac. The fruits of the plant are found to be very effective to cure spermatorrhoea. Bada Gokhru is completely different from *Tribulus terrestris* Linn. which is known as Gokshura or Chota Gokhru, Trikantak, Land caltrops, and Puncture vine.

Uses:

- treatment of puerperal diseases
- digestive tonics
- ulcers
- fevers
- wounds
- other ailments and general debility

Precautions when using Gokshura:

- Stomach pain.
- Nausea.
- Diarrhea.
- Vomiting.
- Constipation.
- Difficulty in sleeping

Name	Chota Ghokru	Bada Ghokru
1.	Antidiabetic	Antiulcer
2.	Analgesic	Antioxidant
3.	Diuretic	Antimicrobial
4.	Antimicrobial	Antihyperlipidemic

CONCLUSION:-

Gokshura may be a potential herbs having immeasurable useful quality in several side are utilized by our ancestors. it's important role to destroy Diseases of mutravaha srota similarly as different systems. The rasayana and vrisya result of gokshura Take a singular place within

the ancient herbs primarily based Remedies and additionally economical growth of the state.

On the idea of multifarious potential of rosid dicot genus terrestris and *Pedaliium murex* it's all over that these 2 species area unit Underutilized, presently used for the health maintenance solely by written material, Unani, and ancient professional. The plants have industrial price as fruits of those plants area unit dealing as staple in Indian flavourer mandies that is employed by flavourer medicine producers in Preparations of medicative formulations. Nowadays, individuals area unit additional aw-are regarding their health and additional emphasizes is being given on Plants merchan-dise thanks to lesser facet effects on health and plants reduced value, hence these could have high demand in close to future as a staple for pharmaceutical firms. because the plants area unit full-grown in Sandy marginal lands, therefore it'll generate further supply of financial gain For the agricultural population. Besides medicative references, researchers ought to stress on breeding programmes, plant part culture and engineering aspects of those crops. For business cultivation and Full potential utilization of those 2 species for human welfare, additional studies for the event of appropriate agro-Technology/package and practices is needed. Gokhru is principally Propagated through seed, hence there is requirement to develop seed additionally as field standards for quality seed production, and export of seeds For international trade. this review may be a bunch of knowledge Assembled from completely different revealed analysis papers which is able to be useful in developing new formulations and increasing the assembly of those crops in filter.

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