



Review of Gokshur (*Tribulus terrestris* Linn.) in Ayurvedic Literature

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Abstract

Gokshur (Tribulus terrestris Linn.) is a member of Zygophyllaceae family. English name of this drug is cow hage. It is a small, prostrate, hirsute or silky hairy herb. Leaves – stipulate, opposite, usually unequal, abruptly pinnate; leaflets 4-7 pairs, oblong, mucronate. Flowers – solitary, axillary or leaf-opposed, yellow or white. Fruits – globose, hairy, 5-angled, spinous with 2 long and 2 short spines on each cocci. Seeds – obliquely pendulous. (Flowers and fruits during April-August.) Gokshuraka, Trikanta, Kantasadanga, Bahukantaka, Gokantaka, Kantaphala, Palamkasa, Ksudraksura, Bhaksataka Chanadruma, Sthalarngtaka, Ksura, Vanasrngataka, Iksugandha, Svadukanta are its various synonyms found in ayurvedic texts. Rasa – Madhura, Gun – Guru, Snigdha, Virya – Sheeta, Vipaka – Madhura are properties of this drug. Drug is Mutral, Vata-pittahara and used as Vrishya and Rasayana. It used in various diseases like Mutrakriksh, Ashamari, Prameha, Hridroga, Amavata. Arsha, Shwas – kasa, Klaibya.

Keyword: *Gokshur, Zygophyllaceae, Cow hage.*

INTRODUCTION

Human on herbal medicine dated back to times immemorial. As we are all aware, the very survival of animal kingdom is dependent of the plant kingdom. The plants/herbs have played major part in the pharmacotherapy during Vedic period in India. Vedic literature indicates mainly about the utility of single herb in the management of common diseases. Similar trained is visible during the early samhita period as well. Though certain compound preparations delineated by Charaka single herbs with similar indication were categorized under “Dashemani groups” (i.e group of 10 herbs with one single indication). Poly-herbal formulations have dominated the Ayurvedic pharmacotherapeutics subsequently.

Thence Sushruta mentioned Ganas (group of herbs) possessing multiple herbs with multiple indications.

During medieval period, the Laghutrayi granthas and a number of yogas grantha were written. In these texts the aacharyas have concentrated upon complex compound preparations. In the process, knowledge on the utilization and identity of single herbs is comparatively reduced. But the importance of single herb especially medicinal plants is identified in the modern times by many scholars and scientists. Since there is great importance of a single drugs in a compound drug, so study about various properties of a single drug become essential part of ayurveda. Hence, a review regarding the literature of *Gokshura* is presented

as references available from Veda to various literature in Ayurveda.

VEDIC GRANTHAS

GOKSHUR is not mentioned in Vedas. Term Svadanstra is described for the medicine is taken out from Samasanayatana. Svadanstra is also mentioned in Hiranyakesisrautastura 29/1/4, in Kalpasutra and Paniniya Astadhyayi and Varttika as Kantakarika.

SAMHITA GRANTHAS

Gokshur is mentioned in Samhita Granthas for various diseases i.e. Mutrakriccha, Prameha,

Asmari, Mutra, Raktapitta, Jvara, Vataroga, Rajayakshma in different medicinal formulations. **CHARAKA SAMHITA (1000 B.C. – 4ths Cent A.D.)**

In this Classic, name of Gokshur is mentioned first time in Sutrasthana 2nd Chapter; here this is used in Udavarta in form of Asthapana vasti. Gokshur is placed in Krimighana, Anuvasonopaga, Mutravirecaniya and Sothahara Mahakasaya.¹

The Name of preparation, indication and references of Gokshur are mentioned below.

S. N.	Preparation/Group of drugs	Indication/Actions	References
1	Asthapana Vasti	Udavarta, Vibandha	Su. 2/12
2	Peya	Mutrakricchra	Su. 2/22
3	Krimighna Mahakasaya	Krimihara	Su. 4/15
4	Anuvasonopaga Mahakasaya	Vatasmaka	Su.4/26
5	Mutravirechaniya Mahakasaya	Jalodara, Vastisodhana, Mutravikara	Su.4/35
6	Shothahara Mahakasaya	Shothahara	Su.4/38
7	Mustakadi Kwatha	Tvakroga	Su. 23/12
8	Kushthadi churna	Mutrakricchra, Prameha	Su. 23/15
9	Agryadravya	Mutrakricchra Vatahara	Su. 25/40
10	Madhura Skandha	Vataroga, Pittavikara	Vi. 8/139
11	Prathama Brahmarasayana	Ayuskara, Balavardhaka	Chi. 1/42
12	Chyavanaprasa	Rasayana, Kasa, Svasa	Chi. 1/62
13	Brimhania Gutika	Vrisya, Brimhana, Vajikarana	Chi. 2/26
14	Peya	Parsvadishula, Jvarahara	Chi. 3/181
15	Baladi Ghrita	Jvarahara, Kshaya, Kasa, Sirahshula	Chi. 3/224
16	Patoladi Niruhavasti	Jvarahara, Shula	Chi. 3/241
17	Agurvadi Taila	Jvarahara	Chi. 3/267
18	Kwatha	Kaphaja Prameha	Chi. 6/28
19	Siddha Kshira	Mutrakricchra raktapitta	Chi. 4/85
20	Kwatha	Kaphaja Prameha	Chi. 6/28
21	Duralabhadi Ghrita	Jvarahara, Daha, Rajayakshma	Chi. 8/106
22	Rasnadi Ghrita	Sosa roga	Chi. 8/170
23	Svadamstradi Ghrita	Vatapittaja hridayashula, Kshatakshina	Chi. 11/44
24	Nagaradya Ghrita	Arsa, Grahani, Mutrakricchra, Pravahika	Chi. 14/110
25	Tritiya Pippalyadi Ghrita	Aras, Grahani, Gulma, Hridayaroga	Chi. 14/113
26	Pippalimuladi Kshara	Grahani, Vatakaphahara	Chi. 15/173
27	Leha	Pittaj Kasahara	Chi. 18/89
28	Kantkari Ghrita	Kasa, Hikka, Swasa, Kaphahara	Chi. 18/127
29	Dipanadi Dravya	Atisara	Chi. 19/26
30	Satavaryadi Kwatha	Pittaj Mutrakricchra	Chhi. 26/50
31	Vyosadi Churna	Kaphaja Mutrakricchra	Chi. 26/55
32	Pasanabhedadi Churna	Asmari	Chi. 26/60
33	Gokshuradi Yoga	Asmari	Chi. 26/62
34	Punarnavadi Yoga	Asmari, Sarkararoga	Chi. 26/63
35	Svadamstradi Ghrita	Raktaja mutrakricchra	Chi. 26/74
36	Tryusanadi Ghrita	Hridayaroga	Chi. 26/87
37	Mahamayura Ghrita	Siroroga, Kasa, Swasa, Ardita	Chi. 26/169
38	Piluparnyadi Taila	Urustambha	Chi. 27/41
39	Syonakadi Lepa	Urustambha	Chi. 27/56

40	Svadamstradi Taila	Vatavyadhi	Chi. 28/146
41	Amritadi Taila	Vatavyadhi	Chi. 28/161
42	Mulakadi Taila	Vatavyadhi	Chi. 28/168
43	Sthiradi Ghrita	Tridosaja Vatarakta	Chi. 29/76
44	Rasanadi Kshira	Yonishula	Chi. 30/57
45	Pancaprasritika Vasti	Anaha, Mutrakrichhra	Chi. 8/13

SUSRUTA SAMHITA (1000 B.C. – 5th Cent A.D.)

Susruta has mentioned Gokshura first time in sutrasthana 38th Chapter in Dravyasamgrahaniya

Adhaya. Gokshura is placed in Vidarigandhadi, Viratarvadi Gana, Laghupanchcamula and Kantaka panchmula.²

S. N.	Preparation/Group of drugs	Indications/Actions	References
1	Vidarigandhadi Gana	Pittavatahara, Rajayaksma, Gulma, Angamarda	Su.38/4
2	Viratarvadi Gana	Vatavikara, Asmari, Sarkara, Mutrakrichhra, Mutraghata, Rujahara	Su. 38/10
3	Laghupanchamula	Vatapittahara, Brimhana	Su. 38/67-68
4	Kantaka pancamula	Raktapitta, Shotha, Prameha, Sukradosahara	Su. 38/74
5	Madhura varga	Dhatuvaradhaka, Balavardhaka	Su. 42/18
6	Yavagu	Garbhapusti	Sa. 10/4
7	Siddha Kshira	Vedana	Sa. 10/61
8	Siddha Kshira	Pida, Daha	Chi. 2/48
9	Taila paka	Vatajavatarakta	Chi. 5/7
10	Siddha Ghrita	Vataja asmari	Chi. 5/7
11	Churna	Sarkaranasaka	Chi. 7/18
12	Churna	Asmari	Chi. 7/19
13	Siddha Taila	Vatajkushtha	Chi. 9/7
14	Siddha Kshira	Vajikarana	Chi. 26/35
15	Mustadi Asthapana Vasti	Shotha, Mutravarodha, Jvara, Prameha	Chi. 38/105
16	Kwatha	Luta Visa	Ka. 8/132
17	Baladi Kwatha	Vataja jvara	U. 39/171
18	Kalasyadi Ghrita	Jirna jvara, Sirahshula, Kasa, Parsvasula	U. 39/224
19	Yavagu	Pittatisara	U. 40/59
20	Ahara Samskara Dravya	Atisara	U. 40/114
21	Eranda Dvadasaka Kwatha	Sarvashula	U. 42/112
22	Ksirapaka	Vatapittajanya Mutraghata	U. 58/33
23	Baladi Kalka	Mutradosahara, Asmari	U. 58/44-45
24	Balaghrita	Mutradosahara	U. 58/58
25	Trivrita Taila	Vataja Mutrakrichhra	U. 59/17
26	Svadamstra Taila	Vataja Mutrakrichhra	U. 59/19

ASTANGA HRIDAYA (700 A.D.):

Author of this Granth is Vagabhatta. He has mentioned Gokshura mainly in following medicinal formulations.

S. N.	Preparation/Group of drugs	Indications/Actions	References
1	Laghupanchamula	Sarvadoshara	Su. 6/168
2	Madhura Gana	Kaphavardhak	Su. 10/24
3	Virataradi Gana	Vatajanyaroga, Asmari, Sarkara, Mutrakrichhra, Ruja	Su. 15/24
4	Yoga	Garbhasrava	Sa. 2/56
5	Peya	Vasti, Parsvashula, Sirahsulayuktajvara	Chi. 1/28
6	Vasti	Jvara	Chi. 1/119
7	Siddha Kshira	Puratana Raktapitta	Chi. 2/37
8	Siddha Kshira	Vednanayukta Mutramargagami Rakta	Chi. 2/38
9	Kantakari Ghrita	Kasa, Hikka, Swasa, Kaphahara	Chi. 3/68

10	Svadamstradi Ghrita	Vatapitaja hrdayaroga, Sula, Mutrakricchra	Chi. 3/102
11	Jivantyadi Ghrita	Rajayaksma	Chi. 5/16
12	Rasnadi Ghrita	Sosa	Chi. 5/24
13	Kshar	Vatakaphjanyaroga, Visa, Grahani	Chi. 10/53
14	Kwatha	Pittaj Mutrakrichhra	Chi. 11/6
15	Churna	Kaphaja Mutrakricchra	Chi. 11/10
16	Pana	Vatasmari	Chi. 11/21
17	Pana	Sarkaranasaka	Chi. 11/28
18	Siddha Kshira	Sarvamutra vikara	Chi. 11/35
19	Kwatha	Mutraghata	Chi. 11/38
20	Dadhika Ghrita	Apasmara, Mutraghata, Vatajroga	Chi. 14/19
21	Kwatha	Mandagni	Ka. 4/17
22	Mahamayura Ghrita	Dhatubhramsa, Swasa	U. 24/52
23	Siddha Kshira	Vedna, Daha, Vrana	U. 26/53
24	Siddha Kshira	Shula, Yonisula	U. 34/33
25	Kwatha	Musikadansa Visa	U. 38/27
26	Churna	Vajikara, Balavardhaka	U. 39/56
27	Churna	Viryavardhaka	U. 39/159
28	Gokshuradi Churna	Vajikara	U.40/34
29	Srestha Ausadha	Mutrakrichhra	U. 40/50

BHELA SAMHITA (1000 B.C.)

Author of this Granth is Bhela. He has mentioned Goksura mainly in following medicinal formulations.

S. N.	Preparation/Group of drugs	Indications/Actions	References
1	Mahapaisahika Ghrita	Chaturthaka jvara	Chi. 2/34
2	Dadhika Ghrita	Raktaja gulma	Chi. 5/50
3	Dadhika Ghrita	Gridhrasi	Chi. 5/27
4	Kwatha	Ksharameha	Chi. 7/20
5	Dashmuladi Taila	Urustambha, Slipada	Chi. 14/11
6	Churna	Atisara, Kasa	Chi. 17/36
7	Rasna Taila	Vatavyadhi	Chi. 24/20

HARITA SAMHITA (1000 B.C.)

Preparation, indication/actions references of Harita samhita are given below.

S. N.	Preparation/Group of drugs	Indications/Actions	References
1	Kwatha	Vataja jvara	Chi. 2/62
2	Dashamula Kwatha	Kaphaja jvara	Chi. 2/104
3	Dasang Kwatha	Sannipatja jvara	Chi. 2/116
4	Bhunimbadi Kwatha	Jvara	Chi. 2/118
5	Saliparnyadi Panaka	Atisara	Chi. 3/35
6	Jivantyadi Ghrita	Rajayaksma	Chi. 9/78
7	Baladi Ghrita	Kasa, Kshaya	Chi. 9/93
8	Narayana Taila	Vatavyadhi	Chi. 20/109
9	Kwatha	Mutrakrichhra	Chi. 29/2

KASYAPA SAMHITA (600 B.C.)

Kasyapa Samhita mainly deals with care of children and pregnant women, preparation, indications/actions references of Kasyapa samhita are given below.

S. N.	Preparation/ Group of drugs	Indications/ Actions	References
1	Mahabhaya Rista	Kaphaja roga	Rajayaksmachikitsitadhyaya
2	Siddha Kshira	Raktaja Mutrakrichhra	Mutrakrichhrachikitsitadhyaya
3	Avaleha	Mutrakrichhra	Mutrakrichhrachikitsitadhyaya
4	Swarasa	Mutrakrichhra	Mutrakrichhrachikitsitadhyaya
5	Yavagu	Mutrakrichhra	Mutrakrichhrachikitsitadhyaya
6	Bala Taila	Sosa, Ardita	Dhatrichikitsitadhyaya
7	Svedana	Sannipataja jvara	Sutikpakramaniyadhyaya 11/146

8	Kwatha	Jvara	Sutikpakramaniyadhyaya 11/147
9	Churna	Vataja sotha	Sothachikitsadhyaya 11/93
10	Phala Taila	Urustambha, Katisul, Gulma	Sulacikitsadhyaya 18/62

CHIKITSA KALIKA: (10th century A.D.)

Author of this Grantha is Tistacarya. He mentioned Gokshura mainly in kushtha, prameha, medoroga etc.

S. N.	Preparation/Group of drugs	Indications/Actions	References
1	Rasnadirayam Gana	Vatahara	Rasna G-1/48
2	Slesmaghana Gana	Vatapittahara	Sthir G-4/51
3	Laghupanchamula	Pittanilolvanahara	Samanausadhi Gana-64
4	Dashamula	Swasa, Hikka	Samanausadhi Gana-64
5	Rasna Taila	Vataroga	Snehana – 73

CHAKRA DATTA: (11th century A.D.)

The Author of this Grantha is Chakrapani. He has mentioned Gokshur as ingredient of many medicinal preparations. They are as below.

S. N.	Preparation/Group of drugs	Indications/Actions	References
1	Peya	Parsvadi Pidayukta jvara	Chi. 1/24
2	Siddha Jala	Vatapitta jvara	Chi. 1/27
3	Yavagu	Tridoshara	Chi.1/28
4	Triphaladi Kwatha	Kaphaja jvara	Chi.1/107
5	Svadamstradi kwatha	Jvaratisara	Chi. 2/14
6	Siddha Ahara	Vatapittatisara	Chi. 3/14
7	Changeri Ghrita	Grahani, Mutrakrichhara	Chi. 4/45
8	Chyavanaprasa	Rajayakshma	Chi. 10/47
9	Dashamuli Kasaya	Kasa, Swasa, Hridayashula	Chi. 12/12
10	Kantakari Ghrita	Swarabheda	Chi. 13/12
11	Trayodasanga Guggullu	Gridhrasi, Vatavyadhi	Chi. 22/69
12	Narayana Taila	Vatavyadhi	Chi. 22/121
13	Mulakadya Taila	Vatavyadhi	Chi. 22/147
14	Amritadya Ghrita	Vatarakta, Amavata, Mutrakrichhra	Chi. 23/26
15	Rasnasaptaka Kwatha	Amvata	Chi. 25/8
16	Sunthyadi Kwatha	Amapacana, Vednahara, Katisula	Chi. 25/9
17	Yograj Guggullu	Amavata, Urustambha	Chi. 25/26
18	Brihatyadi kwatha	Pittaja shula	Chi. 26/29
19	Satavaryadi kwatha	Raktapitta shula	Chi. 26/30
20	Amritadya kwatha	Vataja Mutrakrichhra	Chi. 32/2
21	Satvayadi kwatha	Pittaja Mutrakrichhara	Chi. 32/6
22	Haritkyadi kwatha	Vednayukta Mutrakrichhra	Chi. 32/7
23	Svadamstradi kwatha	Kaphaja Mutrakrichhra	Chi. 32/13
24	Kwatha	Purisaja Mutrakrichhara	Chi. 32/17
25	Trikantakadi Kwatha	Asmari Mutrakrichhara	Chi. 32/22
26	Satavari Ghrita	Pittaj Mutrakrichhara	Chi. 32/27
27	Trikantakadya Ghrita	Asmari, Mutrakrichhara, Mutraghata	Chi. 32/28
28	Siddha Kshira	Mutrakrichhra	Chi. 33/9
29	Varunadi Kwatha	Vataja Asmari	Chi. 34/1
30	Virtaradi Gana	Asmari, Mutrakrichhra	Chi. 34/3
31	Sunthyadi kwatha	Asmari, Mutrakrichhra	Chi. 34/5
32	Pasanabhedaya Ghrita	Vataja Asmari	Chi. 34/8
33	Svadamstradi kwatha	Asmari	Chi. 34/30

VAIDYAJIVANA

The Author of this Granth is Lolimbajra. He has mentioned Gokshura as ingredient following medicinal preparations. They are as below.

S. N.	Preparation/Group of drugs	Indications/Actions	References
1	Dashamula Kwatha	Amvata	Tritiyovilasa-23
2	Pasanabhedadi Kwatha	Mutrakrichhrasmari	Chaturthovilasa-36

GADANIGRAHA: (12th Century A.D.)

The Author of this Granth is Sodhal. He has mentioned Gokshura as ingredient fo lloving medicinal preparations. They are as below.

S. N.	Preparation/Group of drugs	Indications/ Actions	References
1	Panchamulaka yusa	Kaphavataja Jvara	Jvaradhikara-1/173
2	Siddha Anna	Kaphapittaja Jvara	Jvaradhikara-1/175
3	Dashamulapachana Kahsaya	Vataja Jvara	Jvaradhikara-1/199
4	Baladi Kashaya	Vataja Jvara	Jvaradhikara-1/211
5	Svadamstradi Kwatha	Jvaratisara	Jvaradhikara-1/664
6	Dasamulayadi Kwatha	Jvaratisara	Jvaradhikara-1/672
7	Gokshuradi Kwatha	Jvaratisara	Jvaradhikara-1/677
8	Madhpakva Haritaki	Amatisari	Atisaradhikara-2/92
9	Dashamuladi Kwatha	Kshata, Kasa	Rajayasmaksataksinaso sadhikara-9/49
10	Satavaryadi Leha	Kasaya Roga	Rajayasmaksataksinaso sadhikara-9/51
11	Bhargyabhayavaleha	Swasa, Kasa, Hikka	Hikkaswasadhikara-11/81
12	Rasanadi Kwatha	Vataroga	Vatarogadhikara-19/103
13	Panchamuli Yoga	Grdharsi	Vatarogadhikara-19/144
14	Srngyadichatuhsastika Kasaya	Jvara, Vataroga	Vatarogadhikara-19/212
15	Dashamuladi Kwatha	Amavata	Amavatadhikara-22/18
16	Rasnasaptaka Kwatha	Amavara	Amavatadhikara-22/21
17	Sunthyadi Kwatha	Amamata	Amavatadhikara-22/22
18	Amritadi Churna	Amavata	Amavatadhikara-22/28
19	Baladi Yoga	Vataja shula	Sulahdhikara-23/34
20	Satavaryadi Kashaya	Pittaja Shula	Sulahdhikara-23/48
21	Brhathyadi Kwatha	Pittaja shula	Sulahdhikara-23/50
22	Satavaryadi Kwatha	Pittaja Mutrkrichhra	Mutrakrichhradhikara-27/17
23	Kwatha	Purisaja Mutrkrichhra	Mutrakrichhradhikara-27/26
24	Trikantakadi Yoga	Asmarijanya Mutrakrichhra	Mutrakrichhradhikara-27/30
25	Satavari Ghrita	Pittaja Mutrkrichhra	Mutrakrichhradhikara-27/34
26	Trikantakadya Ghrita	Mutrakrichhra	Mutrakrichhradhikara-27/35
27	Erandmuladi Kasaya	Mutrakrichhra	Mutrakrichhradhikara-27/36
28	Pasanabhedadi Kasaya	Mutrakrichhra	Mutrakrichhradhikara-27/41
29	Punarnavadi Yoga	Mutraghata	Mutrakrichhradhikara-27/48
30	Eladi Kasaya	Mutravarodha	Mutrakrichhradhikara-27/49
31	Vellantaradi Gana	Asmari, Mutrkrichhra	Asmaryadhikara-29/21
32	Varunatvacadi Yoga	Vataja Asmari	Asmaryadhikara-29/21
33	Sunthyadi Churna	Asmari, Mutrkrichhra	Asmaryadhikara-29/22
34	Pasanabhedadi Ghrita	Vataja Asmari	Asmaryadhikara-29/25
35	Kusadi Ghrita	Pittaja Asmari	Asmaryadhikara-29/30
36	Nagaradi Kwatha	Asmari	Asmaryadhikara-29/43
37	Varunatvagadi Kasaya	Sarkara	Asmaryadhikara-29/44
38	Trikantaka Yoga	Asmari	Asmaryadhikara-29/47
39	Svadanstradya Churna	Prameha	Pramehadhikara-30/85
40	Gokshuradi Kwatha	Pittaja Prameha	Pramehadhikara-33/23
41	Shunthyadi Kwatha	Vataja Sopha	Svayathvadhikara-33/23
42	Punarnavadi Ghrita	Shotha	Svayathvadhikara-33/51
43	Guggullu Yoga	Shotha	Svayathvadhikara-33/66

SARANGADHARA SAMHITA: (13th Century A.D.)

The Author of this Granth is Sarangadhara. He has mentioned Gokshura as ingredient following medicinal preparations. They are as below.

S. N.	Preparation/Group of drugs	Indications/Actions	References
1	Dashmulta Kwatha	Sannipataja jvara, Parsvasula	Madhyamkhand-2/30
2	Devdarvadi Kwatha	Garbhasayika sula	Madhyamkhand-2/49
3	Rasnasaptaka Kwatha	Amavata	Madhyamkhand-2/87
4	Maharasanadi Kwatha	Gridhrasi, Ardita	Madhyamkhand-2/90
5	Erandadi Kwatha	Hridayavedana	Madhyamkhand-2/96
6	Dashamula Kwatha	Hridaya roga	Madhyamkhand-2/101
7	Haritakyadi Kwatha	Vednayuka Mutrakrichhra	Madhyamkhand-2/102
8	Virtarvadi Kwatha	Asmari, Mutrakrichhra	Madhyamkhand-2/104
9	Eladi Kwatha	Asmari, Mutrakrichhra	Madhyamkhand-2/106
10	Gokshur Kwatha	Mutrakrichhra, Ushnavatka	Madhyamkhand-2/108
11	Panchanimba Churna	Kushtha	Madhyamkhand-6/152
12	Satavaryadi Churna	Vajikarana	Madhyamkhand-6/156
13	Musali Churna	Vajikarana	Madhyamkhand-6/160
14	Gokshuradi Guggullu	Prameha, Vatarakta Mutrakrichhra,	Madhyamkhand-7/84
15	Changeri Ghrita	Mutrakrichhra, Pravahika	Madhyamkhand-9/20
16	Kamdev Ghrita	Raktapitta, Mutrakrichhra, Vatarakta	Madhyamkhand-9/26
17	Narayana Taila	Vatavyadhi	Madhyamkhand-9/99

BHAVAPRAKASHA : (16th Century A.D.)

The Author of this Chikitsagrantha is Bhav Misra. He has mentioned Gokshura as ingredient following medicinal preparations. They are as below.

S. N.	Preparation/Group of drugs	Indications/Actions	References
1	Satyadi Kwatha	Jvara	Chi. 1/139
2	Haritakyadi Gutika	Jvara	Chi. 1/141
3	Dashmuladi Kwatha	Vataja Jvara	Chi. 1/300
4	Dashamuli Kwatha	Jvaratisara	Chi. 3/14
5	Trayodasanga Guggullu	Vataroga	Chi. 24/117
6	Rasnasaptaka Kwatha	Parsvashula	Chi. 24/144
7	Madhyanarayan Taila	Vatarog	Chi. 24/181
8	Mahayograjya Guggullu	Amavata	Chi. 24/329
9	Lepa	Amavata	Chi. 26/22
10	Rasnasaptaka Kwatha	Trikshula	Chi. 26/43
11	Maharasnadi Kwatha	Sandhigata Vata, Vatarakta	Chi. 26/133
12	Rasanadidasamula Kwatha	Urustambha, Ardita	Chi. 26/144
13	Amrtadya Ghrita	Vatarakta, Amavata	Chi. 29/102
14	Satavaryadi Kwatha	Pittaja Mutrakrichhra	Chi. 35/18
15	Haritakyadi Kwatha	Vednayuka Mutrakrichhra	Chi. 35/20
16	Satavari Ghrita	Pittaj Mutrakrichhra	Chi. 35/21
17	Trikantakadya Ghrita	Mutrakrichhra, Asmari	Chi. 35/22
18	Dhanyagokshura Ghrita	Mutrakrichhra, Mutraghata	Chi. 36/41
19	Ghrita	Ushnavata	Chi. 36/42
20	Shunthyadi Kashaya	Mutrakrichhra, Asmari	Chi. 37/9
21	Eladi Kwatha	Sarkaruyukta Asmari	Chi. 37/11
22	Varunadi Kasaya	Vatolvana Asmari	Chi. 37/12
23	Pasanabhedadi Ghrita	Vatajanya Asmari	Chi. 37/13
24	Virataradi Gana	Asmari, Sarkara, Mutrakrichhra	Chi. 37/18
25	Kushadi Ghrita	Pittaj Asmari	Chi. 37/23
26	Saradipancamuladya Ghrita	Mutrakrichhra, Asmari	Chi. 37/82
27	Gokshuradi Churna	Prameha, Shotha	Chi. 38/81
28	Dhanvantara Ghrita	Kushtha, Prameha, Vatarakta	Chi. 38/93
29	Gokshurakadyavaleha	Asmari	Chi. 38/105

YOGARATNAKARA: (17th Century A.D.)

In Yogaratnakara Gokshur is used in various medicinal preparations, which are indicated in various diseases in the form of different kalpanas, those are as below.

S. N.	Preparation/Group of drugs	Indications/ Actions	References
1	Astadasanga Kwatha	Kasayukta jvara	Sannipatajvara chikitsa
2	Dashamula Kwatha	Sannipataja jvara	Sannipatajvara chikitsa
3	DashamulaGhritadi Yog	Kshaya roga	Rajayakshma chikitsa
4	Gokshuradi Ghrita	Kasa, Parsvashula	Rajayakshma chikitsa
5	Jivantayadi Ghrita	Rajayakshma	Rajayakshma chikitsa
6	Masadi Taila	Avabahuka	Vatavyadhi Chikitsa
7	Maharasnadi Kwatha	Vatavyadhi	Vatavyadhi Chikitsa
8	Yograj Guggullu	Amavata	Vatavyadhi Chikitsa
9	Narayana Taila	Sarvangavata	Vatavyadhi Chikitsa
10	Sunthyadi Kwatha	Amavata	Amavata Chikitsa
11	Baladi Kwatha	Vataja Shula	Shula Chikitsa
12	Satavaryadi Kwatha	Pittaja shula	Shula Chikitsa
13	Dashamuladi Kwatha	Hridroga	Hridroga Chikitsa
14	Satavaryadi Kwatha	Pittaja Mutrakrichhra	Mutrakrichhra Chikitsa
15	Haritakyadi Kwatha	Pidayukta Mutrakrichhra	Mutrakrichhra Chikitsa
16	Satavaryadi Kwatha	Pittaja Mutrakrichhra	Mutrakrichhra Chikitsa
17	Gokshuradi Kwatha	Purisavighataja Mutrakrichhra	Mutrakrichhra Chikitsa
18	Eladi Yoga	Asmarjanya Mutrakrichhra	Mutrakrichhra Chikitsa
19	Trikantakadi Kwatha	Asmarjanya Mutrakrichhra	Mutrakrichhra Chikitsa
20	Pasanabhedadi Kwatha	Mutra roga	Mutrakrichhra Chikitsa
21	Samula Gokshuradi Kwatha	Mutrakrichhra, Gulma	Mutrakrichhra Chikitsa
22	Trikantakadya Ghrita	Mutrakrichhra	Mutrakrichhra Chikitsa
23	Satavari Ghrita	Asmari	Mutrakrichhra Chikitsa
24	Trikantakadi Guggullu	Mutrakrichhra, Asmari	Mutrakrichhra Chikitsa
25	Viratarvadi Kwatha	Prameha, Asmari	Mutrakrichhra Chikitsa
26	Gokshuradi Kwatha	Mutraghata	Mutrakrichhra Chikitsa
27	Satavaryadi Yoga	Mutrakrichhra	Mutrakrichhra Chikitsa
28	Trikantakadi Yoga	Mutraghata	Mutrakrichhra Chikitsa
29	Shunthyadi Kwatha	Mutrakrichhra	Asmari Chikitsa
30	Viratavadi Kwatha	Vataja Asmari	Asmari Chikitsa
31	Gokshuradi Guti	Prameha	Prameha Chikitsa
32	Dashamula Haritaki	Shotha	Shotha Chikitsa

BHAISJYA RATNVALI: (17th Century A.D.)

This book mainly comprises preparations which are of great medicinal value. The author, Govind Das Sen has mentioned Gokshur as ingredient in following medicinal preparations. They are as below.

S. N.	Preparation/Group of drugs	Indications/Actions	References
1	Kiratadi Kwatha	Vataja Jvara	Chi. 5/75
2	Dashamuladi Kwatha	Vataja Jvara	Chi. 5/93
3	Dashamula Kwatha	Swasa, Kasa	Chi. 5/238
4	Changeri Kwatha	Grahani, Arsha	Chi. 8/559
5	Kamdev Ghrita	Vajikarana	Chi. 13/145
6	Jivantayada Ghrita	Rajayksma	Chi. 14/262
7	Agastaya Haritaki	Kasa, Kshaya roga	Chi. 15/173
8	Kantakari Ghrita	Kasa	Chi. 15/187
9	Dashamula Kwatha	Swasa, Kasa	Chi. 16/22
10	Rasnasaptaka Kwatha	Parsvashula	Chi. 26/69
11	Gokshuradi Kwatha	Vatavyadhi	Chi. 26/70
12	Narayana Taila	Vatavyadhi	Chi. 26/333

13	Trivrtadi Kwatha	Vatarakta	Chi. 27/21
14	Erandadi Kwatha	Amavata	Chi. 29/21
15	Ranasaptaka Kwatha	Parsvashula	Chi. 29/25
16	Shunthyadi Kwatha	Amavata	Chi. 29/36
17	Yograj Guggullu	Amavata	Chi. 29/157
18	Dashamula Kwatha	Shula	Chi. 30/37
19	Vidaryadi Kwatha	Pittaja Mutrakrichhra	Chi. 34/18
20	Gokshura Kwatha	Sonitayukta Mutrakrichhra	Chi. 34/19
21	Trikantakadi Kwatha	Asmarjanya Mutrakrichhra	Chi. 34/22
22	Haritakyadi Kwatha	Vednayuka Mutrakrichhra	Chi. 34/27
23	Dhanyagokshuraka Ghrita	Mutraghata	Chi. 35/25
24	Svadanstradi Kwatha	Asmari	Chi. 36/11
25	Gokshur Bijja Churna	Asmari	Chi. 36/17
26	Dashamula Kwatha	Vataja Shotha	Chi. 42/5

GOKSHURA DESCRIBED UNDER DIFFERENT GANA/VARGA IN DIFFERENT NIGHANTUS

NAME OF NIGHANTU	VARGA
Dhanvantri Ni	Guduchyadi Varga
Sodhala Ni	Guduchyadi Varga
Hridayadipaka Ni	Dvipada Varga
Siddhamantra	Dosaghana Varga
Madanpal Ni	Abhayadi Varga
Kaiyadeva Ni	Ausadhi Varga
Bhavaprakasha Ni	Gudhuchyadi Varga
Raja Ni	Satahvadi Varga
Saligrama Ni	Guduchyadi Varga
Priya Ni	Haritakyadi Varga

SYNONYMS OF GOKSHURA:

Amarkosa :

Palamkasa, Iksugandha, Svadamstra, Svadukantaka, Gokantaka, Gokshura, Vanasrngata (2/4/98).

Sausruta Ni.:

Svadamnsta, Gokshura, Sthalsrngataka Trikantaka, Kantaphala, Gokantaka (Vidari gandhadi-17).

Astanga Ni.:

Gokantaka, Gokshuraka, Sthalsrngataka.

Paryaya Ratnamala:

Kantaphala, Gokantaka, Trikanataka.

Madanadi Ni.:

Gokshura, Gokshuraka, Svadamsta, Trikantaka, Gokantaka, Bhaksataka, Kantaka, Svadukantaka (3/23-24).

Dhanvantri Ni.:

Gokshura, Bhaksada, Svadukantaka, Gokantaka, Bhaksataka, Sadanga, Kantakatrika, Gokshur (Guduchyadi Varga-1/102, 103).

Sodhala Ni.:

Gokshura, Bhaksada, Svadukantaka, Trikanataka, Gokantaka, Bhaksakantaka, Kantaphala, Svadamnsta, Vyaladamstra, Ksuda, Sadangaka, Ksura, Sthalsrngataka, Kanti, Palamkasa (Guduchyadi Varga-164, 165).

Hridayadipaka Ni.:

Gokantaka, Trikantaka, Svadamstra, Gokshura (Dvipada Varga-62).

Siddhamantra :

Gokshura (Dosaghana Varga-136).

Madanpal Ni.:

Trkantaka, Kantaphala, Gokshura, Svadukantaka, Gokantaka, Bhaksyataka, Trkananta, Vyaladamstraka, Svadamstra, Sthalsrngataka, Sadanga, Ksuraka (Abhayadi Varga-58).

Kaiyadeva Ni.:

Gokantaka, Kantaphala, Bhaksara, Svadukantaka, Sadanga, Svadamnstra, Vyaladamstraka, Gokshuru, Gokshura, Ksura, Trkasthalsrngataka, Trikantaka, Trkanta (Ausadhi Varga-68).

Bhavaprakasha Ni.

Gokshura, Ksuraka, Trikanata, Svadukantaka, Gokantaka, Gokshuraka, Vanasrngata, Palamkasa, Svadamnstra, Gokharu, Isugandhika (Gudhuchyadi Varga-44, 45).

Raja Ni.:

Gokshuraka, Trikanata, Kantasadanga, Bahukantaka, Gokantaka, Kantaphala, Palamkasa, Ksudraksura, Bhaksataka Canadruma,

Sthalasrngataka, Ksura, Vanasrngataka, Iksugandha, Svadukanta (Satahvadi Varga-40).

Saligrama Ni.:

Kshudragokshuraka, Trinakta, Kanti, Sadanga, Bahukantaka, Ksura, Gokanatka, Kantaphala, Palamkasa, Ksudrakura, Bhaksataka, Canadruma, Stahalasrngataka, Vanasrngataka, Iksugandha, Svadukanta, (Guduchyadi Varga-p.-280).

Priya Ni. :

Gokshura, Vanasrngata, Svadamnstra (Haritakyadi Varga-1/42).

ETYMOLOGY OF SYNONYMS (NAMARUPA JNANAM)

- **Iksugandhika**: Gokshura is a herb having aroma of sugarcane.
- **Sthalasrngataka**: The fruits resemble water chestnut.
- **Vanasrngataka**: Fruits resembling water chestnut.
- **Gokshura**: Fruits are armed with spines which injure the feet of grazing cattle.
- **Ksuraka**: Fruits are armed with spines which injure the feet of grazing cattle.
- **Kantaphala**: Fruits are armed with spines which injure the feet of grazing cattle.
- **Gokantaka**: Fruits are armed with spines which injure the feet of grazing cattle.

- **Trikantaka**: The fruits have three pairs of thorns.
- **Bhaksakanta**: Fruits are armed with spines which injure the feet of grazing cattle.
- **Bhukshura**: Fruits are armed with spines which injure the feet of grazing cattle.
- **Svadamnstra** : Fruits are armed with spines just like canine teeth the dog.
- **Palamkasa** : The spines of fruit, gets prick in the muscular portion of the cattle's and thus causing injury to the grazing cattle.
- **Sadanga** : If possesses the sixth part, spines apart from five parts.
- **Canadruma**: The plants has leaves like those of Bengal gram plant.

REGIONAL NAME

Hindi	:	Goksharu
Beng.	:	Gokshur
Mar.	:	Sarate
Guj.	:	Betha
Tel.	:	Palleru mullu
Tam.	:	Nerinjil
Panj.	:	Makhar
Pers.	:	Khare khasak
Arab	:	Hasak
Eng.	:	Small Caltropis

GUNA AND KARMA OF GOKSHURA IN NIGHANTU GRANTHAS

Nighantu	Rasa	Virya	Vipak	Varga	Prabhava/Karma
Astanga Ni	-	-	-	-	Only Synonyms like Gokantaka, Gokshura, Svadamnstra, Trikantaka
Dhanvantari Ni	-	-	-	Guducyadi	Dipan, Tridosahara, Brimhana, Hridroga, Prameha, Mutrakricchra
Sodhala Ni	Swadu	Shita	Swadu	Guducyadi Anekartha	Balya, Vrsya, Vataghana, Mutrasodhana
Madanapal Ni	Swadu	Shita	Swadu	Abhayadi	Vastisodhana, Prameha, Swasa, Kasa, Hridroga, Vat aroga
Raja Ni	Madhura	Shita	Madhura	Satahvadi	Balya, Rasaaayana, Asmarinashak, Mutrakrichhn ashak
Kaiyadeva Ni	Madhura	Shita	Madhura	Ausadhi	Dipan, Tridosahara, Vastigatavata, Hridaroga, Mutrakrichhnashak
Bhava Prakasha Ni	Madhura	Shita	Madhura	Guducyadi	Dipan, Vrsya, Balya, Vatasamaka, Asmarinashak, S wasahar, Mutrakrichhnashak
Saligram Ni	Madhura	Shita	Madhura	Guducyadi	Arsa, Kustha, Daha, Shulnashak, Vastivatashamaka
Priya Ni	Madhura	Root (Usna) Fruit (Shita)	Madhura	Haritakyadi	Balya, Vrsya, Rasayana (Fruit)

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