

A Review On Gokshura And Its Medicinal Value

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Abstract

Ayurveda is the oldest system among all life sciences, originated in india thousand of years ago. It is an ancient indian practice of holistic medical care that centers on the equilibrium of body, mind and soul. Dosha dhatu and mala are the basic building elements of the body.

Dravyaguna is the branch of Ayurveda mainly deals with the medicinal plants. Every drugs is used as medicine should be in its pure and natural form. According to Charaka, Gokshuraka plant is best Mootrakrucchahara and Vatahara.

In Charaka and Sushruta Samhita, Gokshura is explained under the name of Gokshuraka. Later two varieties. i.e. Laghu gokshura & Bruhat Gokshura are described in Raj Nighantu. All later Nighantus followed the same. Sushruta has considered it in Laghu Panchamula hence root should be chief upayuktanga (Sharangdhara advocates Panchanga of Gokshura) but root is not commonly available in market. Fruits are collected & used for various preparation of Gokshura. Gokshur Dravya is one of important and commonly used in Ayurveda. Hence it is needed to evaluate efficacy of gokshura.

KEY WORDS : gokshura Mootrakrucchahara Vatahara

Introduction

Ayurveda is meant for alleviation of disease & maintaining the health of the healthy. Ayurveda is the knowledge that indicates the appropriate & inappropriate happy or sorrowful conditions of living what is auspicious or inauspicious for Longvity as well as measure of life itself.

Acharya charaka has mentioned the four pillars of Ayurveda "Chatushpada". Among these Chatushpada, after Bhishak Acharya had given importance to the "Dravya". Because the success of Chikitsa depends upon dravyas. So that the knowledge of drug (Dravya) is absolutely necessary for a physician to undertake the treatment. Thus the specialty „Dravyaguna“ which deals with the properties, actions & mode of administration of the drugs attains at most importance in the field of medicine.

Ayurveda is most ancient healthcare system based on sound foundation of its basic principles as well as rational, practical and thinking process from Vedic era. Rig. Veda is the oldest known repository of human knowledge and wisdom. In Atharvaveda, the last of four Vedas, elaborate description of some medicinal plants are given. Ayurveda is believed to be the Upaveda of Atharvaveda.

The textual legacy of Ayurveda started with Bruhat Samhita. After that, texts were written in the form of Nighantu which explained the dravya, base of any treatment, in detail. Thus the number of medicinal plants delineated in the Ayurvedic Samhitas, samgraha Granthas and Nighantus has increased gradually. Nighantus studied many foreign dravyas from other streams as well and included them in Ayurveda compendium.

Many synonyms were formed. Thus one name is explained with many drugs; similarly one drug is coined with many names in Nighantus. These Sanskrit names and synonyms were later on used in all local, regional languages which took crooked from, over the period of time; leading to addition of more newer names. The people obviously deal with Dravya in local, regional (Prakrta) language for easy understanding and trading.

Acharya Vagbhata in Sutrasthana said that local dwelling plant is preferred for the persons residing in that area.

The classical example is Gokshura. The word Gokshura means hoof of cow. According to Charaka, Gokshuraka plant is best Mootrakrucchahara and Vatahara.

In Charaka and Sushruta Samhita, Gokshura is explained under the name of Gokshuraka. Later two varieties. i.e. Laghu gokshura & Bruhat

Gokshura are described in Raj Nighantu. All later Nighantus followed the same. Sushruta has considered it in Laghu Panchamula hence root should be chief upayuktanga (Sharangdhara advocates Panchanga of Gokshura) but root is not commonly available in market. Fruits are collected & used for various preparation of Gokshura.

Shivadasa Sen (15th Century), the commentator of Charaka described that Bruhat Gokshura is more efficacious than Laghu Gokshura.

The above said committee discovered 4 different plants related with Gokshura.

- 1) Gokharu or Sarate – In Maharashtra – Tribulus terrestris, Linn. Gokharu seems to be originated from Gokshura. Used for Mootral Karma. Ashmarighna property is questioned by Vd. Bapalala.
- 2) Bada Gokharu - In north India- Pedalium murex, Linn- the word seems to be originated from Gokshura. Used for Mootral Karma.
- 3) Vinchhodo- In Gujarat- Martyania diandra, Glox.- can be used for mutral karma (by Bapalal Vaidya). It is described under Kakanasa (beak of crow) in API. The fruit is not exact like beak & should not be considered as Kakanasa – Vd. Chunekar Shastri. Vd. Bapalal. The plant fruit is available in market & sold under the name – Kakanasa. Rasa, Vipaka & Veerya are identical with Gokshura.

It is considered as exotic but found through out the country since ancient days. Martyania diandra & Martyania annua are synonyms as explained in API.

- 4) Gokarukalana - In Punjab & Sindh – Xanthium strumarium- It is a weed called as Sankeshwara in other parts. It is generally used for antipyretic & sedative properties. Diuretic activity was not found in this plant.

So Bapalal Vaidya omitted Gokharukalana & considered other three plants under Gokshura- Tribulus terrestris, Linn, Pedalium murex, Linn & Martyania diandra, Glox. Any of these does not justify all Paryayas so every plant has potential to be used as Gokshura.

Tribulus terrestris, Linn. Is now commonly considered as Laghu Gokshura and pedalium murex, Linn. Is taken as Bruhat Gokshura. All the experts today hold that Tribulus is better on urinary system & for all other karmas i.e. Vataghna, Rasayana, Hridya etc. Pedalium murex, instead of Tribulus terrestris, should be used.

But seeing the not availability of Gokshura root in Market most of companies or practitioners commonly uses fruit & panchang of Gokshura for preparation of dashmula.

DRUG REVIEW:-



Sr. No.	Drug Name	Latine Name	Family Name	Guna	Ras	Vipak	Veerya
1	Laghu Gokshur	Tribulus tereestris	zygophyllaceae	Guru, Snigadh	Madhur	Madhur	Sheet
2	Bruhat Gokshur	Pedalium murex	Pedaliaceae	Guru, Snigadh	Madhur	Madhur	Sheet

Classification of Gokshura in Different Ayurvedic Texts.

Sr. No.	Samhita	Gana
1	Charaka	Mutravirechaneeya, Krimighna, Anuvasnopaga,
	Samhita	Madhura, Skanda, Aasthapana, Shothahara
2	Sushruta	Vidarigandhadi, Veertarwadi, Laghu
	Samhita	Panchamula, Kantaka- Panchamula, Madhura
		Varga
3	Ashtanga	Krimighna, Mutravirechaneeya,
	Samgraha	Shophagna, Vidaryadi
4	Ashtanga	Niruhaneeya, Vataghna, Veertarwadi, Madhura
	Hridya	Gana

References in the Bruhatrayee :

1. Charaka Samhita:

References	Indication
Ch a. Su 4 / 38 पाटलाग्निमन्थशयोनाकबिल्व..... गोक्षुरका इति दशेमनि श्वयथुहराणि भवन्ति। च.सू. ४/३८	Drugs control Inflammation
Ch a. Chi . 2 / 1-2 ऋद्धिर्गोक्षुरकं रास्ना.... माषाणामाढकं नवम्॥ च.चि. २/१,२	Vrushya, Bhruhana, Balavardha ka
Ch a. Chi . 4 / 85 शतावरीगोक्षुरकैः श्रुतं.... यन्मूत्रमार्गात् सरुजं प्रयाति॥ च.चि. ४/८५	Mutramarg ata raktapitta
Ch a. Chi . 26 / 62 मूलश्वदंष्ट्रेक्षुरकोरुबूकात् क्षीरेण.... दिनानि सप्ताश्रमरिभेदनाय॥ च.चि. २६/६२	Ashamari Patana
Ch a. Chi . 26 / 63 पुनर्नवादि योग-पुनर्नवायोरजनी श्वदंष्ट्राफल्गुप्रवालाश्वच.....पेयं भवेदश्रमरिशर्करासु॥ च.चि. २६/६३	Ashmari and Sharkara
Ch a. Chi . 26 / 74 श्वदंष्ट्रादि घृत - घृतंश्वदंष्ट्रास्वरसेन सिध्दं.... कतकादिकानामेकैकशो वा विधिनैव तेना॥ च.चि. २६/७४	Ashamari
Ch a. Chi . 28 / 146 श्वदंष्ट्रास्वरसप्रस्थौ.....पेयाकल्पः प्रशस्यते। च.चि. २८/१४६	Gokshura Oil – Vataj Vyadhi
Ch a. Chi . 29 / 77 स्थिरा श्वदंष्ट्रा बृहती..... पेया वातरक्ते त्रिदोषजे॥ च.चि. २९/७७	Tridoshaja Vatarakta
Cha . Chi. 2 / वृष्यपायसयोग - श्वदंष्ट्राया विदार्याश्वच रसे क्षीरचतुर्गुणे...वृष्यो	Vajikarana

3-14	माषषष्टिकपायसः॥१४॥ च.चि. २/३,१४
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2.Sushruta Samhita :

References	Indication
Su. Su 38/6 7-68 त्रिकंटकबृहतीद्वयपृथक् पण्योविदारिगंधा च इति कनीया कषायतिकमधुरं कनीयः पंचमूलकम् वातघ्नं पित्तशमनं बृंहणं बलवर्धनम्॥ सु.सू. ३८/६७,६८	Laghu Pancham ula
Su. Su-38 - गणः श्वासहरो हि एषः कफपित्तानिलापहः। आमस्य पाचनश्चैव सर्वज्वरविनाशनः॥ - एषां वातहरौ आद्यौ सु.सू. ३८	- Dasham ula. - all Vatavya dhi
Su. Su 38/7 4-75 करमर्दत्रिकंटक सैरेयकशतावरीगृध्नख्यः इति कंटकसंज्ञः। रक्पित्तहरौ हि एतौ शोफत्रयविनाशयौ।..... शुकदोषविनाशनौ॥ सु.सू. ३८/७४,७५	Kantaka Pancham ula
Su. Su 38/4 विदारीगन्धा विदारी विश्वदेवा सहदेवा श्वदंष्ट्रा..... क्षुद्रसहा बृहत्यौ पुनर्नवैरण्डो हंसपादी वृश्चिकाल्यृषभी चेति॥४॥ सु.सू. ३८/४	Vidariga ndhadi Gana
Su. Su 43/1 8 काकोल्यादिःक्षीरघृतवसामज्जशा लिषष्टिकयवगोधूममाष.....गोक्षुर कक्षीर मोरट मधूलिका कूष्माण्ड प्रभृतीनि समासेन मधुरो वर्गः॥ सु.सू. ४३/१८	Madhura Varga dravya
Su. Chi. 7/19 त्रिकण्टकस्य बीजानां चूर्ण.....	Ashmari

	सप्ताहमश्मरी भेदनं पिबेत्॥ सु.चि. ७/१९	
Su. Su. 38/1 0	वीरतरुसहचहद्वयदर्भवृक्षादनी.....४ दंष्ट्रा चेति॥ सु.सू. ३८/१०	Veeratar wadi Gana
Su. Chi. 7/5	पाषाणभेदो वसुको वशिराश्मन्तकौ..... शतावरी श्वदंष्ट्रा च बृहतीकण्टकारिका ॥५॥..... वातनाशने सु. चि. ७/५	Vataj Ashmari
Su. Chi. 7/24	श्वदंष्ट्रायष्टिकाब्राह्मीकल्कं वाऽक्षसमं पिबेत्.... (वेदने शमनः) सु.चि. ७/२४	Dysuria

	वा.चि. १/११८	
Va. Chi · 2/3 8	गोकण्टकाअभीरुश्रृतं..... विशेषान्मूत्र मार्गगम् वा.चि. २/३८	Adhoga- raktapitta (Bleeding through urethra) with severe pain
Va. Chi · 3/1 02- 104	श्वदंष्ट्रोशीरमज्जिष्ठा बलाकाशमर्यकट्त्तृणम्.....बल मांसदः॥ वा.चि. ३/१०२,१०४	Balya, Mutrakrucch ahara, Pramehahar a, Kshayaroga hara
Va. Chi · 11/ 6	पिबेद्दरिगोक्षुरकं विदारी प्राक्यं समधुशर्करम्॥ वा.चि. ११/६	Mutraghata Chikitsa
Va. Chi · 11/ 35	बृहत्यादिगणे सिद्धद्विगुणीकृतगोक्षुरे..... सर्वमूत्रविकाराजत्॥वा.चि. ११/३५	Mutraghata Chikitsa
Va. Chi · 11/ 38	व्याघ्रीगोक्षुरकक्वाथेयवागूं..... तामचूडरसेअपि वा॥ वा.चि. ११/३८	Mutraghata Chikitsa

3.Ashtanga Hridaya:

References		
Va. Su. 6/ 166	TMस्वंबृहत्याशुमतीद्वयगौक्षुरकै :..... सर्वदोषजित्। वा.सू. ६/१६६	Laghu Panchamula , Rasa- vipaka Madhura Tridoshsha maka
Va. Su. 10/ 24	घृतहेमगुडाक्षोडमोचचोचपरुष कम्॥गोक्षुरकौद्राक्षादिर्म धुरो गण । वा.सू. १०/२४	Madhura Varga
Va. Chi · 1/2 7	बस्तिपार्श्वशिरःशूली व्याघ्रीगोक्षुरसाधितम्। वा.चि. १/२७	Lower abdominal pain and headache
Va. Chi · 1/1 18	पटोलनिम्बच्छदनकटुकाचतुर ङ्गलै॥११७॥ स्थिराबलागोक्षुरक मदनोशीरबालकैः। पीडयेज्वरनाशनम्॥११९॥	Jwara

♦ **Dosha – Karma of Gokshura by various Nighantu**

Sr. No.	Nighantu	Dosha-Karma
1.	Dhanwantari Nighantu	Tridoshahara
2.	Madanpala Nighantu	Vatashamaka
3.	Kaiydeva Nighantu	Tridoshagna
4.	Bhavprakasha Nighantu	Vatashamana
5.	Shaligrama Nighantu	Tridoshagna

♦ **Guna – Karma of Gokshura by various Nighantu**

Nighantu	Guna-Karma
Dhanwantari	Bruhana, Agnideepaka, Shukravardhaka
Madanpala	Sheetala, Swadishta, Balakaraka, Bastishodhana
Raj Nighantu	Sheetaveerya, Balaprada, Rasayana, Madhura,
	Bruhana, Pradahnashaka.
Kaiydeva	Madhura, Vrushya, Balya, Pushtikaraka, Veerya-Sheeta
Bhavprakasha	Swadu, Balakaraka, Bastishodhaka, Agnideepaka,
	Vrushya, Pushtikaraka, Sheetaveerya, Madhura
	rasa.
Shaligrama	Madhura rasa, Sheetala, Balakaraka, Bruhana,
	Bastishodhaka, Veerya Vardhaka, Pushtikaraka,
	Rasayana, and Agnideepaka.
Priya Nighantu	Gokshura Mula: Ushna-veerya, Kapha-vata
	Shamaka
	Gokshura Fruit is Sheetaveerya; Madhura, Balya,
	Vrushya and Rasayana.

Other Kalpa of Gokshura

Sr. No.	References	Kalpas of Gokshur
		Chyavanprasha, Rasna Ghruta, Apatyakra
1.	Charaka	Ghruta, Amrutadya Taila, Pashanabhedadi
	Chikitsasthana	Churna, Shatavaryadi Kwatha,
		Dashamuladya Ghruta, Agastya Haritaki
		Dashamuladi Kwatha, Kantakari Ghruta,
2.	Chakradatta	Chyavanprasha, Amrutadi Churna, Yogaraja
		Guggula, Varunadi Kwatha, Pashanbedadya
		Ghruta, Shwadanshtradi Kashaya.
3.	Ashtanga	Nagabala Ghruta, Agastya Rasayana,
	Hridaya	Kantakari Ghruta
4.	Shrangadhara	Shatavaryadi Churna, Kamadeva Ghruta,
	Samhita	Loha Rasayana, Dashamularishta
		Agnikara Ghruta, Baladiya Ghruta,
		Tryushanadi Ghruta, Mahavishagarbha tail,
5.	Yogratnakara	Kantakari Ghruta, Maharasnadi Kwatha,
		Trayodashanga Guggula, Yogaraja Guggula, Shadashiti-Guggula

Important Kalpas of Gokshura

Sr. No.	References	Indication/Rogagnata	Formulation/Yoga nama
1.	Cha. Chi. 28/146-147	Sarva Vatajanya Roga	Shwadanshtra Taila
2.	Cha. Chi 26/74	Ashmari	Shwadanshtradi Ghruta
3.	Cha, Chi 26/62	Ashmari	Gokshuradi Yoga
4.	C.D. 67/9	Vrushya	Gokshuradi Churna
5.	C.D. 32/22	Ashmari, Mutrakruccha	Trikantakadi Kwatha
6.	C.D. 32/28	Mutrakruccha, Ashmari	Trikantakadi Ghruta
7.	Sha. S.M. Kha 2/107	Mutrakruccha, Ushnavata	Gokshuradi Kwatha
8.	Sha. S.M.Kha 7/84-87	Mutrakruccha, Prameha	Gokshuradi Guggula
9.	C.D. 34/34	Ashmari	Trikanta Beeja Churna

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	Samhita	Loha Rasayana, Dashamularishta

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		Tryushanadi Ghruta, Mahavishagarbha tail,
5.	Yogratnakara	Kantakari Ghruta, Maharasnadi Kwatha,
		Trayodashanga Guggula, Yogaraja Guggula,
		Shadashiti-Guggula

Discussion

Ayurveda our ancient traditional system of medicine, is very rich in concept of structural, functional and psychological aspect of human being as well as plants, their properties and uses. among the various samhitas well known to possess many formulations based on plants alone or in combination and salient feature of plants are described.

Gokshura is herb used in traditional medicine in india for long time to cure the ailments of Mootrva srotas vikaara. Bruhat Gokshura have described Raj Nighantu, Shaligrama Nighantu. Tribulus terrestris L. & Pedalium murex L. has a promising place in the Ayurvedic system of medicine due to its various medicinal values like. retention of urine, renal stone, Bladder diseases, kidney disease, Diabetes mellitus. Impotency & Azoospermia etc.

Gokshura is one of the ingredients of Dashmula & its formulation is most widely used in Ayurveda. Gokshura is indicated in Mutrakrucchara, Ashmari Vataja Vyadhi, Shotha etc.

Gokshura is hoof of cow or plants fruits which are armed with spines injure the feet of grazing cattle. Description of Gokshura found from samhita period, under the name of Gokshuraka, Shwadanshtra & Trikantaka upto 12th to 13th century. Different plant are also considered as Gokshura upto latest period, four plants are considered under the name of Gokshura. CONCLUSION The present review of gokshura can be useful to know about different formulation and their indication in various disorders. Gokshur has mainly known for its mutral properties (diuretic). Its rasayan (antioxidant) properties explain in Raj Nighantu, Shaligram Nighantu and Nighantu Aadharsh (Shivdatta). In raj Nighantu also explain bruhat gokshur properties better than laghu gokshur.

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