

REVIEW ARTICLE

Comprehensive Study of *Gokshura* (*Tribulus terrestris* Linn.) in Ayurvedic Literature with Special Reference to *Mutrakricchra*

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ABSTRACT

Ayurveda, the science of life has many principles, which are universally applicable and have potential to help humanity to live healthy and happy life. We have always preferred *Ayurvedic* lexicons for detailed knowledge of any medicinal plants or health ailments and different disorders. The *Mutrakricchra* word comes under the diseases of *Mutravaha Strotas*. *Mutrakricchra* – “Dukhen mutra pravritti” means difficulty while micturition or dysuria is the main symptom of *Mutrakricchra roga*. There are so many medicinal plants and formulations which are used for the treatment of *Mutrakricchra roga* (urinary tract infection). *Gokshura* (*Tribulus terrestris* Linn.) is one of the important medicinal plants that have been used single or in combined form, effectively used by many *Ayurvedic* practitioners from very beginning. In this present study, we are making efforts to arrange chronologically ayurvedic literature review of *Gokshura* (*Tribulus terrestris* Linn.) in reference to treat *mutrakricchra roga* (urinary tract infection). In this comprehensive study, we found that *Gokshura* (*Tribulus terrestris* Linn.) has been defined single or in various pharmacological compound preparations in reference to *mutrakricchra roga*. This detailed review of *Gokshura* (*Tribulus terrestris* Linn.) will be helpful for researcher in future.

1. INTRODUCTION

Ayurveda is the most leading system among in Indian systems of medicine. It has survived and flourished from ages till date. With the enormous knowledge of various medicinal plants based medicine, the relationship of human body constitution and function to nature, and the elements of the universe that act in coordination and affect the living beings, this system will continue to flourish in ages still to come.^[1]

A medicinal plant contains substances that can be used for therapeutic purposes or which are precursors for the synthesis of useful drugs. This description makes it possible to uses of medicinal plants and their constituents in different therapeutic properties.^[2] History of the medicinal plants can be studied in vedic period literatures, ancient *Ayurvedic* Compendia (*Samhitas*), medieval period treatises, and in modern *Ayurvedic* classical texts. *Gokshura* (*Tribulus terrestris* Linn.)

is one of the plants which have been used in traditional medicine for many years in various diseases.

In this comprehensive review first, found that here is no description of *Gokshura* in the Vedic Period but in *Samhita* period, described in various *Brihatrayi* literature like *Charaka samhita*, *Sushruta samhita* and both *Ashtanga Samgraha* and *Ashtanga Hridaya* other *samhita granthas* as external and internal administration of *Gokshura*. In Medieval Treatises, like *Vrinda Madhava*, *Chikitsa kalika*, *Chakradatta*, *VangasenSamhita*, *Sharangadhara Samhita*, and *Bhava Prakasha Samhita* described uses of *Gokshura* in *mutrakricchra roga*. In modern period, classical texts like *Yogaratanakara* and *Bhaisajya Ratnavali* mentioned the uses of *Gokshura* in *mutrakricchra vikara*. Our aim is to explore the possibility with different preparative methods to better cure of *mutrakricchra vikara* by *gokshura* (*Tribulus terrestris* Linn.).

Mutrakricchra is mainly caused by the predominance of *vata dosha*. Whenever *Vata* presents its normal state means *praguna*, that is, *anukulavayu* then normal flow of urine occurred and when *vayu* becomes *pratiloma* means opposite of normal state then caused various diseases of urinary system (Su.Ni.3/27-28).^[2] Difficulty in passing

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urine, usually associated with pain, is termed as *Mutrakricchra*. It comes under the diseases of *Mutravaha Strotas*.^[1]

2. MATERIALS AND METHODS

The literary review was conducted with the help of many *Ayurvedic* literature of vedic period, ancient *Ayurvedic* Compendia (*Samhitas*), medieval period treatises, and in modern *Ayurvedic* classical texts to collect the description of *Gokshura (Tribulus terrestris Linn.)* in respect of *Mutrakricchra roga*.

2.1. *Gokshura (Tribulus terrestris Linn.)*

Gokshura (Tribulus terrestris Linn.) is a procumbent herb, stems, and branches pilose; young parts silky-villous. It is found throughout India, ascending to 3300 m in Himalaya, particularly common in dry and hotter parts of the country. Leaves – opposite, abruptly pinnate, one of each pair usually smaller than the others, sometimes wanting; stipules lanceolate, hairy; leaflets 3-6 pairs, 6–12 mm. long, oblong, mucronate, sericea villous with appressed hairs beneath, base rounded oblique; petioles very short, pilose. Flowers – axillary or leaf-opposed, solitary; pedicels 1.2–2 cm. long, slender, hairy. Fruit – globose, consisting of five woody mericarps with two pairs of hard sharp spines, one pair longer than the other. Seeds – several in each coccus, with transverse partitions between them.^[3]

2.2. Ayurvedic Properties of *Gokshura*

Rasa – Madhura

Guna – Guru and snigdha

Virya – Shita (*Phala*)

Vipaka – Madhura

Dosaghata – *Vatapittashamaka*.^[4]

Karma (Actions) – *Balya, bastisodhaka, vrisya, ashmaribhedana, pramehahara, Swasa-kasa-arsahara, mutrakricchra hara, hridroganasaka, vatashamaka, and mutrala.*

Prayojyanga – *Phala* (Fruit) and *panchanga* (whole part).^[5]

Dosage – Fruit powder 3–6 g, Decoction – 50–100 ml. (20–30 g drug).^[5,6]

2.3. Review of *Gokshura (Tribulus terrestris Linn.)* in *Brihatrayi*^[7]

In *Charaka samhita*, *Gokshura* was mentioned with synonyms “*Svadanstra*” and described as useful in *mutrakricchra* and pacify *vata dosha*. *Gokshura* is mentioned in *Mutravirechaniya Mahakashaya, Shothahara mahakashaya, Krimighna mahakashaya, and Anuvasnopaga mahakashaya*. *Acharya Sushruta* describes in *Vidarigandhadi gana, Virtarvadi gana, Laghu panchmula, and Kantaka panchmula*. In *Ashtanga Samgraha* and *Ashtanga Hridaya* describe the use of *Gokshura* in *Kaphaja mutrakricchra* and *Pittaja mutrakricchra*. Other *Ayurvedic* texts also mentioned for the treatment of *Mutrakricchra* as external and internal administration with different pharmacological preparations of *Gokshura*.

3. RESULTS OF CRITICAL REVIEW

3.1. *Charaka Samhita (1000 B.C. - 4 A.D.)*

Charaka Samhita is one of the existing old medical Treatises. It has been composed by *Maharshi Agnivesha* (1000 B.C.), *Acharya Charaka* (2000 B.C.) has redacted it and it is reconstructed by *Acharya Dridhabala* (4th Century A.D.). In *Charaka samhita*,

various formulations and their indications in *Mutrakricchra roga* are mentioned in Table 1.^[8]

3.2. *Sushruta Samhita (1000 B.C.–500 A.D.)*

Sushruta Samhita is composed by *Vridha Sushruta* (1000 B.C.), it is mainly concerned to surgery along with the other parts of medicine. It was redacted by *Sushruta* in 2nd Century A.D. and revised by *Nagarjuna* in 5th Century A.D. lastly in 10th Century A.D. its amelioration (*Pathashuddhi*) was done by *Chandrata*. In *Sushruta Samhita*, different preparations and their indications of *Gokshura* in *mutrakricchra roga* are given below in Table 2.^[9]

3.3. *Harita Samhita (12th Century A. D.)*

Maharshi Harita was also a student of *Maharshi Agnivesha* and he wrote an *Ayurvedic* book which named as *Harita Samhita*. In this, *Gokshura* was mentioned with *Kvatha* formulation for *Mutrakricchra vikara* which are given in Table 3.^[10]

3.4. *Ashtanga Samgraha (600 A.D.)*

Ashtanga Samgraha is written by *Vriaddha Vagbhatta* in prose style. He has described 45 *mahakashaya* in this classical text. In this *Samhita*, various formulations of *Gokshura* were used or could be used in the treatment of *Mutrakricchra Vikara* which are given in Table 4.^[11]

3.5. *Kashyap Samhita (600 A. D.)*

Kashyap Samhita has been written by *Vridha Jivaka*. It has gained popularity because of detailed description of pediatric diseases and their treatment. It was written by *Acharya Kashyap* (600 A. D.). Following preparations and indication of *Gokshura* in *Mutrakricchra* are found, which are given in Table 5.^[12]

3.6. *Ashtanga Hridaya (700 A.D.)*

This *Samhita granth* has been written by *Acharya Vagbhatta* in 7th Century A.D. In *Ashtanga Hridaya*, various formulations of *Gokshura* were used in *Mutrakricchra vikara* that is described in Table 6.^[13]

3.7. *Vrinda Madhava (7th Century A.D.)*

This text is written by *Vrinda Madhava* and its other name is “*SiddhaYoga*.” *Gokshura* and its indications with preparation in this book are shown in Table 7.^[14]

3.8. *Cikitsa Kalika (10th Century A.D.)*

This *Chikitsa Grantha* is written by *Tisatacharya. Chandrata*, his son, has written a *Sanskrit* commentary on this book. *Gokshura* is mentioned in *Samanaou Sadhigana* of this book. With the name of *Trikantaka, gokshura* is mentioned in *Rasanadi Gana* for *vatashamana karma* in this book (Chi. Ka./48). Later in the treatment of *Mutrakricchra, roga* described *Gokshura* synonym – *Trikantaka* as *kvatha* form (Chi. Ka./258).^[15]

3.9. *Chakradatta (11th Century A.D.)*

This is a very important *Chikitsa grantha*, which has been written by *Chakrapani Datta*, the great commentator of *Charaka Samhita* and *Sushruta Samhita*. *Gokshura* was mentioned in different

formulations in this *grantha* whereas also mentioned as the main drug of *mutrakricchra* and *mutraroga*. All preparations of *Gokshura* for respective disease are described in Table 8.^[16]

3.10. Vangasena Samhita (12th Century A.D.)

The other name of *Vangasena Samhita* book is *Chikitsa Sara Sangraha*. This *Samhita* is written by *Acharya Vangasena* in 12th Century. The drug *Gokshura* is indicated in *Mutrakricchra vikara* with different formulations as followed in Table 9.^[17]

3.11. Sharangadhar Samhita (1400 A.D.)

Sharangadhar Samhita is famous for the important contribution of different compound formulations which comes under *Laghutrayi*. It is written by *Acharya Sharangdhara Samhita*, son of Damodar Mishra. This book is divided into three parts – *Purva khanda*, *Madhyama khanda*, and *Uttara khanda*. Many new formulations have been mentioned in this treatise to treat many ailments such as *Shakhotaka* in *Shlipada*, *Shringabhasma* in *Hridyashula*, and *Kanchanara* in *gandamala*. *Gokshura* is indicated in *Mutrakricchra roga* with different formulations as described in Table 10.^[18]

3.12. Bhava Prakasha Samhita (16th Century A.D.)

This essential text has been written by Pt. *Bhava Mishra*. Different preparations of *Gokshura* have been mentioned for various diseases in this literature. *Gokshura* and its indications related to *mutrakricchra* disease are as follows in Table 11.^[19]

3.13. Yogaratnakara (17th Century A.D.)

Yogaratnakara book was written in 17th century various pharmacological preparations of *Gokshura* with different useful part have been described in mostly *Mutrakricchra*. Different uses related *mutrakricchra* and their indications are presented as under in Table 12.^[20]

3.14. Bhaisajya Ratnawali (19th Century A.D.)

This text book of *Chikitsa* has been written by Govind Das Sen ji. Use of *Gokshura* in *Mutrakricchra* with various preparations and formulations is described, which are mentioned below through Table 13.^[21]

4. DISCUSSION AND CONCLUSION

In *Charaka samhita*, *Gokshura (Tribulus terrestris Linn.)* is included in *Vatahara dravyas* and indicated for *Bastishula* (pain in urinary bladder), *Mutravikara* (urinary diseases), and *Pittaja* and *Kaphaja mutrakricchra roga*. Moreover, it is best medicine for *Mutrakricchra* (urinary tract infection) and *Vatahara*. In *Sushruta samhita*, it is also indicated in *Vataja mutrakricchra* and in *mutradoshas*. In *Harita Samhita*, use of *Gokshura kvatha* in *bastishula* (pain in urinary bladder), *mutranirodha* (urinary obstruction), and *Mutrakricchra* (urinary tract infection) has been mentioned. While in *Ashtanga Samgraha* and *Astanga Hridaya*, it is found that *gokshura* is effective for all types of *mutravikara* (diseases of urinary system) and all types of *Mutrakricchra* (urinary tract infection). With all these uses in *Kashayap Samhita*, it is found that *Svadanstra kvatha* is effective in *Raktaja Mutrakricchra*. Moreover, there are so many preparations of *gokshura* that have been found for *Mutrakricchra vikara* with other ailments of urinary system in different *Ayurvedic Chikitsa Granthas*.

In most of classical literature, *Gokshura* is indicated in *mutrakricchra* (urinary tract infection). *Bastishodhaka* karma of *Gokshura* describe by *Bhava Prakasha Nighantu*. *Gokshura* has *Madhura- rasa*, *Madhura- vipaka*, *Shita*; *virya* and *Tridoshashamaka*. Regarding these properties, *Gokshura* is also declared as “*Vata-pittashamaka*” in most of the texts of *Ayurveda*. This may be due to its *shita- virya*, *Madhura- rasa*, and *Madhura- vipaka*. Hence, it will be more effective in *Vataja* and *Pittaja Mutrakricchra*.^[5]

In this review work, *Gokshura (Tribulus terrestris Linn.)* has been searched from *Vedic* era up to modern era *Ayurvedic* literature. It was found that *gokshura* with their ayurvedic properties could be very effective in the treatment of urinary disorders, especially for *Mutrakricchra roga* (urinary tract infection). In this respect, it needs to carry out to explore *Gokshura* for its therapeutic value to prevent and cure urinary disorders. Through this critical review, readers will be better understand the old history of *Ayurvedic chikitsa* with various preparations of *Gokshura* in urinary diseases.

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This is an original manuscript and all data are available for only Review purposes from principal investigators.

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Table 1: Gokshura in Charaka Samhita

S. No.	Preparations	Indications/Action	References
By the name of Gokshura			
1.	Svadanstra	Mutrakricchra	C. S. Su. 2/22
2.	Gokshura	Shothahara	C. S. Su. 4/38
3.	Gokshura	Mutrakricchra	C. S. Su. 25/40
4.	Agurvadi taila	Sheet Jvara	C. S. Chi. 3/267
5.	Shatavari Kshira	Mutramargagata raktapitta	C. S. Chi. 4/85
6.	Amritadya taila	Vatavyadhi	C. S. Chi. 28/161
7.	Basti	Basti shoola, Mutravikara	C. S. Si. 9/8
By the name of Svadanstra			
8.	Peya	Parsvashoola, Bastiruja	C. S. Chi. 3/181
9.	Nagradya ghritha	Mutrakricchra, Guda Shoola.	C. S. Chi. 14/110
10.	Shatvaryadikvatha	Pittaja Mutrakricchra	C. S. Chi. 26/50
11.	Vyoshadi churna	Kaphaja Mutrakricchra	C. S. Chi. 26/55
12.	Panchaprasitika basti	Mutrakricchra	C. S. Si. 8/13

Table 2: Gokshura in Sushruta Samhita

S. No.	Preparations	Indications/Actions	References
By the name of Gokshura			
1.	Gokshura	Madhura varga	Su. Su. 42/18
2.	Kalashyadi Ghritha	Jirna Jvara	Su. Ut. 39/224
3.	Kshirapaka	Vatajapittaja Mutraghata	Su. Ut. 58/33
By the name of Svadanstra			
4.	Svadanstra	Sharkara, Ashamari, Mutrakricchra, Mutraghata	Su. Su. 38/10
5.	Baladi kalka	Mutradosha, Ashamari	Su. Ut. 58/44
6.	Balaghrita	Mutradosha, Shukradosha	Su. Ut. 58/58
7.	Trivat taila/ghrita	VatajaMutrakricchra	Su. Ut. 59/17
8.	Svadanstra taila	VatajaMutrakricchra	Su. Ut. 59/19

Table 3: Gokshura in Harita Samhita

S. No.	Dosage forms	Name	Indications	References
1.	Kvatha	Gokshura	Mutrakricchra	H.S. Chi. 29/2
2.	Kvatha	Gokshura	Mutranirodha	H.S. Chi. 30/16
3.	Kvatha	Svadanstra	Mutra-Ashamari, Bastishoola	H.S. Chi. 31/11
4.	Panchamula Kvatha	Gokantaka	Vataja jvara	H.S. Chi. 2/62

Table 4: Gokshura in Ashtanga Samgraha

S. No.	Dosage forms	Name	Indications	References
1.	Hrisva Panchamula	Gokshura	Sarvadoshajita	A. S. Su. 12/51
2.	-	Gokshura	Basti - Mutra Vibandha, Vrisya	A. S. Su. 12/62
3.	-	Gokshura	Mutrakricchra, Vatahara	A. S. Su. 13/2
4.	Peya	Gokshura	Bastiparshav-Shoola, Sirashoola	A. S. Chi. 1/32
5.	Kvatha	Gokantaka	Mutrarnargaja raktapitta	A. S. Chi. 3/59
6.	Ghrita	Gokshura	Jvara, Mutrakricchra, Bastianaha	A. S. Chi. 10/33
7.	Kvatha	Svadanstra	Pittaja Mutrakricchra	A. S. Chi. 13/4
8.	Taila Pana, Abhyanga	Gokshura	Kaphaja Mutrakricchra	A. S. Chi. 13/5
9.	Kvatha	Svadanstra	Daha-ruja-vibandhaja Mutrakricchra	A. S. Chi. 13/8
10.	Kvatha	Gokshura	Ashamari, Mutrakricchra	A. S. Chi. 13/9
11.	Kvatha or Paya	Dviguna Trikantaka	Sarva Mutraghata	A. S. Chi. 13/21
12.	Yavagu	Gokshura	Sarva Mutraghata	A. S. Chi. 13/22
13.	Anuvasana basti	Svadanstra	Mutraghata	A. S. Chi. 13/23
14.	Basti	Gokshura	Mutraghata	A. S. Chi. 13/24
15.	Kvatha	Svadanstra	All types of Vatavyadhi	A. S. Chi. 23/61

Table 5: Gokshura in Kashyap Samhita

S. No.	Dosage forms	Name	Indications	References
1.	Kvatha	Svadanstra	Raktaja Mutrakricchra	Ka.Chi. 10/16
2.	Yavagu	Svadanstra	Mutrakricchra	Ka.Chi. 10/19
3.	Svarasa	Gokshura	Mutraghata	Ka.Chi. 10/20

Table 6: Gokshura in Astanga Hridaya

S. No.	Preparations	Indications/Actions	References
1.	Gokshura	Sarvadoshajita	A.H. Su. 6/168
2.	Gokshura	Pittaja Mutrakricchra	A.H. Chi. 11/6
3.	Gokshura	Sarva Mutra Roga	A.H. Chi. 11/35
4.	Yavagu	Mutraghataroga	A.H. Chi. 11/38
5.	Gokshura	Mutrakricchra	A.H. Ut. 40/55

Table 7: Gokshura in Vrinda Madhava

S. No.	Dosage forms	Name	Indications	References
1.	Trikatvadi Gutika	Gokshura	Mutrakricchra, Mutraghata, Ashamari	V.M. 32/27
2.	Gokshura Paka	Gokshura	Mutrakricchra, Ashamari, Mutrarodha, Mutraghata	V.M. 32/29
3.	Kvatha	Gokshura	Ashamari, Mutrakricchra, Deepan, Pacana	V.M. 34/7
4.	Kulathadya Ghrita	Gokshura	Ashamari, Mutrakricchra, Mutraghata, Mutrabandha	V.M. 34/37
5.	Sharadya Ghrita	Gokshura	Ashamari, Mutrakricchra, Retomargavi shodhana	V.M. 34/39
6.	Shatavari Ghrita	Svadanstra	Pittaja Mutrakricchra	V.M. 32/24
7.	Virtaradi Gana	Svadanstra	Ashamari, Sharkara, Mutrakricchra, Mutraghata	V.M. 34/5
8.	Kvatha	Svadanstra	Ashamarija-Sharkaraja Mutrakricchra	V.M. 34/35
9.	Kvatha	Trikantaka	Ashamari, Mutrakricchra	V.M. 32/20
10.	Trikantakadya Ghrita	Trikantaka	Mutrakricchra, Ashamari, Mutraghata	V.M. 32/25
11.	Paya	Trikantaka	All types of Mutrakricchra	V.M. 33/27
12.	Churna	TrikantakaBija	Ashamari bhedana, Mutrakricchra	V.M. 34/36
13.	Gokshurakavaleha	Gokantakapatra, mula, phala	MutraDaha, Vibandha, Mutrakricchra, Shukrashmari, Rudhirameha, Madhumeha.	V.M. 32/36

Table 8: Gokshura in Chakradatta

S. No.	Dosage forms	Used part	Indications	References
1.	Amritadi Kvatha	Trikantaka	Vataja Mutrakricchra	C.D. 32/1
2.	Shatavaryadi Kvatha	Svadanstra	Pittaja Mutrakricchra	C.D. 32/6
3.	Haritakyadi Kvatha	Gokshura	Daha-ruja-vibandhaja Mutrakricchra	C.D. 32/7
4.	Svadanstradi Kvatha	Svadanstra	Kaphaja Mutrakricchra	C.D. 32/13
5.	Gokshura Kvatha	Gokshura Bija	SharkarajMutrakricchra	C.D. 32/17
6.	Trikantakadi Kvatha	Trikantaka	Ashamarija Mutrakricchra	C.D. 32/22
7.	Shatavari ghrita	Svadanstra	Pittaja Mutrakricchra	C.D. 32/27
8.	Trikantakadya ghrita	Trikantaka	Mutrakricchra, Ashamari	C.D. 32/28
9.	Sukumarakumaraka ghrita	Trikantaka	Mutrakricchra, Katistambha, Yonishoola, Medhravankshana shoola.	C.D. 32/29
10.	Trikantakasadhita Kshira	Trikantaka	Mutrakricchra	C.D. 33/9
11.	Virtaradi gana	Svadanstra	Ashamari, Sharkara, Mutrakricchra, Mutraghata	C.D. 34/3
12.	Shunthyadi Kvatha	Gokshura	Ashamari, Mutrakricchra, Deepan, Pacana	C.D. 34/5
13.	Eladi Kvatha	Svadanstra	Ashamari, Sharkara, Mutrakricchra	C.D. 34/33
14.	Kulatthyadi Ghrita	Gokshura	Ashamari, Mutrakricchra, Mutraghata, Mutravibandha	C.D. 34/38
15.	Sharpanchamuladi ghrita	Gokshura	Ashamari, Mutrakricchra	C.D. 34/40
16.	Varunadya Taila Basti	Trikantaka pancha Éga	Ashamari Shoola, Sharkara, Mutrakricchra	C.D. 34/49

Table 9: Gokshura in Vangasen Samhita

S. No.	Dosage forms	Name	Indications	References
1.	Shunthyadi Kvatha	Gokshura	Ashamari, Mutrakricchra, Deepan, Pacana	Va. Sen. 73/9-10
2.	Virataradi Gana	Gokshura	Ashamari, Sharkara, Mutrakricchra, Vatahara	Va. Sen. 73/18
3.	Kushadi Taila	Gokshura	Sharkara, Ashamari, Mutrakricchra, YoniShoola, Shukradosha	Va. Sen. 73/56-59
4.	Kulatthadi Ghrita	GokshuraBija	Ashamari, Mutrakricchra, Mutraghata, Mutrabandha.	Va. Sen. 73/76
5.	Sharadipanchamula Ghrita	Gokshura	Sharkara, Ashamari, Mutrakricchra, Retomargruja	Va. Sen. 73/78
6.	Eladi Kvatha	Svadanstra	Mutrakricchra, Ashamari	Va. Sen. 73/11
7.	Kvatha	Svadanstra	Sharkara, Ashamari, Mutrakricchra	Va. Sen. 73/48
8.	Virataradya Taila	Svadanstra	Vata-pitta roga, Sharkara, Ashamari, Shoola, Mutrakricchra	Va. Sen. 73/88
9.	Varuna Taila	Trikantaka	Sharkara, Ashamari, Shoola, Mutrakricchra	Va. Sen. 73/55

Table 10: Gokshura in Sharangdhar Samhita

S. No.	Dosage forms	Used part	Indications	References
1	Maharasanadi Kvatha	Gokshura	Sarva-Vataroga, Shukraroga, Yoniroga	Sha.S.M.Kh. 2/91
2.	HaritakyadiKvatha	Gokshura	Ruja- Dahayukta Mutrakricchra, Vibandha	Sha.S.M.Kh. 2/103
3.	Virtarvadi gana Kvatha	Gokshura	Ashamari, Mutrakricchra, Mutraghata.	Sha.S.M.Kh. 2/105
4.	Eladi Kvatha	Gokantaka	Ashamari, Sharkara, Mutrakricchra	Sha.S.M.Kh. 2/107
5.	GokshuraKvatha	SamulaGokshura	Mutrakricchra, UsnaVata	Sha.S.M.Kh. 2/109
6.	Gokshuradi guggulu	Gokshura	Prameha, Mutrakricchra, Mutraghata, Ashamari	Sha.S.M.Kh. 7/84
7.	Changeri ghrita	Svadanstra	Grahani, Arsha, Mutrakricchra	Sha.S.M.Kh. 9/21
8.	Dashmularishta	Gokantaka	Ashamari, Sharkara, Mutrakricchra, Dhatukshaya.	Sha.S.M.Kh. 10/77

Table 11: Gokshura in *Bhavaprakash Samhita*

S. No.	Dosage forms	Name	Indications	References
1.	Haritakyadi Kvatha	Gokshura	Mutrakricchra, Mutra Daha, Ruja, Mutravibandha	B.P. Chi. 35/20
2.	Kvatha	Gokshura	Prameha, Mutrakricchra, Mutraghata, Ashamari, Pradara	B.P. Chi. 35/26
3.	Kvatha	Gokshuramula	Mutraghata, Mutrakricchra, Shukradosha	B.P. Chi. 36/41
4.	Shunthyadi Kvatha	Gokshura	Ashamari, Mutrakricchra, Deepan, Pacana, Kosthashrata Vata	B.P. Chi. 37/9
5.	Shatavari ghrita	Gokshura,	Ashamari, Sharkara Mutrakricchra,	B.P. Chi. 37/18
6.	Trinapanchamuladi ghrita	Gokshura beeja	Mutradosha, Sharkara, Ashamari	B.P. Chi. 37/57
7.	Kushadi taila	Gokshura	Sharkara, Ashamari, Mutrakricchra	B.P. Chi. 37/59
8.	Kulathadi ghrita	Gokshura	Sarva-Ashamari, Mutrakricchra, Mutraabhighata, Mutrabandha	B.P. Chi. 37/80
9.	Sharadipanchamula ghrita	Gokshura	Ashamari, Mutrakricchra, Retomargaruja	B.P. Chi. 37/82
10.	Kvatha	Trikantaka	Mutrakricchra, Vataroga	B.P. Chi. 35/13
11.	Trikantakadi ghrita	Trikantaka	Pittaja Mutrakricchra, Sarva-Ashamari, Mutravighata	B.P. Chi. 35/22
12.	Kvatha	Trikantaka	Ashamarija Mutrakricchra	B.P. Chi. 35/38
13.	Sukumarakumaraka rasayana	Trikantakamula	Mutrakricchra, Katisransa, Medhra-Vankshana-Yoni Shula	B.P. Chi. 35/49
14.	Varunadi taila	Trikantaka	Sharkara, Ashamari, Shula, Mutrakricchra	B.P. Chi. 37/58
15.	Shatavaryadi Kvatha	Svadanstra	Pittaja Mutrakricchra	B.P. Chi. 35/18
16.	Sarpi	Svadanstra	Pittaja Mutrakricchra	B.P. Chi. 35/21
17.	Eladi Kvatha	Svadanstra	Sharkara, Ashamari, Mutrakricchra	B.P. Chi. 37/11
18.	Kvatha	Svadanstra	Sharkara, Ashamari, Shula, Mutrakricchra	B.P. Chi. 37/51
19.	Virataradi taila	Svadanstra	Sharkara, Ashamari, Mutrakricchra	B.P. Chi. 37/92

Table 12: Gokshura in *Yogaratanakara*

S. No.	Dosage forms	Name	Indications	References
1.	Haritakyadi Kvatha	Gokshura	Pittaja Mutrakricchra	Y.R. 36/19
2.	Kvatha	Gokshura Bija	Shakritajanya Mutrakricchra	Y.R. 36/39
3.	Samulagokshuradi Kvatha	Gokshura mula	Mutrakricchra, UshnaVata	Y.R. 36/44
4.	EladiChurna	Gokshura	Mutrakricchra	Y.R. 36/56
5.	Kvatha	Gokshura	Sarva-Mutrakricchra	Y.R. 36/57
6.	Shatavari ghrita	Gokshura, Svadanstraphala	Sarva-Mutrakricchra, Mutradosha, Ashamari, Sharkara	Y.R. 36/63-66
7.	Dhanyagoksuradya ghrita	Gokshura	Mutraghata, Mutrakricchra, Shukradosha	Y.R. 37/48
8.	Ushiradi Churna	Gokshura	Raktapitta, Asrgadara, Padadaha, Mutraghata, Mutrakricchra, Raktashrava	Y.R. 38/58
9.	Shunthyadi Kvatha	Gokshura	Vataja Ashamari, Mutrakricchra	Y.R. 38/20
10.	Shilajatvadi	Gokshura	Ashamarija Mutrakricchra	Y.R. 38/36
11.	Kvatha	Trikantaka	Vataja Mutrakricchra	Y.R. 36/15
12.	Trikantakadi Kvatha	Trikantaka	Ashamarija Mutrakricchra	Y.R. 36/42
13.	Trikantakadya ghrita	Trikantaka	Mutrakricchra, Ashamari, Mutraghata	Y.R. 36/62
14.	Trikantakadi guggulu	Trikantaka	Prameha, Pradara, Mutraghata, Mutrakricchra, Ashamari, Shukra dosha	Y.R. 36/67
15.	Trikantakadi yoga	Trikantaka	Vataja Shula, Mutrakricchra	Y.R. 37/36
16.	Shatavaryadi Kvatha	Svadanstra	Pittaja Mutrakricchra	Y.R. 36/18
17.	Shatavaryadi Sarpi	Svadanstra	Pittaja Mutrakricchra	Y.R. 36/25
18.	Eladi Kvatha	Svadanstra	Ashamarija Mutrakricchra	Y.R. 36/41
19.	Eladi Kvatha	Svadanstra	Sharkaraja and Ashamarija Mutrakricchra	Y.R. 38/34
20.	Pashanabheda Paka	Svadanstra	All type of Ashamari, Mutrakricchra, Mutraghata, Sarva-prameha, Adhoga – Raktapitta.	Y.R. 38/51
21.	Gokshuradi Kvatha	Gokantaka	Mutrakricchra, Mutrashukra, Mutraotsangha	Y.R. 37/34

Table 13: Gokshura in *Bhaisajya Ratnavali*

S. No.	Dosage forms	Name	Indications	References
1.	<i>Vidaryadi Kvatha</i>	<i>Gokshura</i>	<i>Pittaja Mutrakricchra</i>	B.R. 34/18
2.	<i>Gokshura Kvatha</i>	<i>GokshuraBija</i>	<i>Raktaja Mutrakricchra</i>	B.R. 34/19
3.	<i>Dhatrayadi Kvatha</i>	<i>Gokshura</i>	<i>Mutrakricchra</i>	B.R. 34/23
4.	<i>Haritakyadi Kvatha</i>	<i>Gokshura</i>	<i>Mutrakricchra, Daha, Ruja, Vibandha</i>	B.R. 34/27
5.	<i>Pashanabhedadi Kvatha</i>	<i>Gokshura</i>	<i>Mutrakricchra</i>	B.R. 34/30
6.	<i>Tarkeshvara rasa</i>	<i>Gokshura</i>	<i>Mutrakricchra</i>	B.R. 34/35
7.	<i>TrinetraKhya rasa</i>	<i>Gokshura</i>	<i>Mutrakricchra</i>	B.R. 34/41
8.	<i>Kvatha</i>	<i>Gokshura</i>	<i>Pittaja Mutrakricchra</i>	B.R. 34/56
9.	<i>Pathya Ahara</i>	<i>Gokshura</i>	<i>Mutrakricchra</i>	B.R. 34/68
10.	<i>Ushiradya Taila</i>	<i>Gokshura patra, phala, mula</i>	<i>Mutraghata, Mutrakricchra, Ashamari</i>	B.R. 35/46
11.	<i>Varunadi Kvatha</i>	<i>GokshuraBija</i>	<i>Ashamari, Mutrakricchra, Basti-Mehan Shula</i>	B.R. 36/4
12.	<i>Shunthyadi Kvatha</i>	<i>Gokshura</i>	<i>Ashamari, Mutrakricchra, Deepan, Pacana</i>	B.R. 36/7
13.	<i>Brihata-goksuradya Avaleha</i>	<i>Gokshura</i>	<i>Ashamari, Mutrakricchra, Mutraghata, Vibaddha, Shukradosha</i>	B.R. 36/23
14.	<i>Kulatthadya Ghrita</i>	<i>Gokshura</i>	<i>Ashamari, Mutrakricchra, Mutraabhighata, Vibandha.</i>	B.R. 36/48
15.	<i>Shatavaryadi Kvatha</i>	<i>Svadanstra</i>	<i>Pittaja Mutrakricchra</i>	B.R. 34/26
16.	<i>Pashanabhedadi Kvatha</i>	<i>Svadanstra</i>	<i>Mutrakricchra</i>	B.R. 34/29
17.	<i>Eladi Kvatha</i>	<i>Svadanstra</i>	<i>Ashamari, Mutrakricchra</i>	B.R. 34/32
18.	<i>Svadanstradi lepa</i>	<i>Svadanstraphala, mula</i>	<i>Bastishuddhi by Mutra-nisyandana</i>	B.R. 34/34
19.	<i>Shatavaryadi Ghrita</i>	<i>Svadanstra</i>	<i>Pittaja Mutrakricchra</i>	B.R. 34/56
20.	<i>Eladi Kvatha</i>	<i>Svadanstra</i>	<i>Ashamari, Mutrakricchra</i>	B.R. 36/10
21.	<i>Trikantakadi Kvatha</i>	<i>Trikantaka</i>	<i>Ashamari, Mutrakricchra</i>	B.R. 34/22
22.	<i>Dhatryadi Kvatha</i>	<i>Trikantaka</i>	<i>Mutrakricchra, Ruja, Daha</i>	B.R. 34/24
23.	<i>Amritadi Kvatha</i>	<i>Trikantaka</i>	<i>VatajaMutrakricchra</i>	B.R. 34/25
24.	<i>Trikatakadya Ghrita</i>	<i>Trikantaka</i>	<i>Mutrakricchra, Ashamari, Mutraghata</i>	B.R. 34/58
25.	<i>Sukumarakumaraka Ghrita</i>	<i>Trikantaka</i>	<i>Mutrakricchra, Katistambha, Medhra-Vankshana-Yoni Shula</i>	B.R. 34/59
26.	<i>Varunadya Taila</i>	<i>Trikantaka tvaka, patra, puspa, mula</i>	<i>Sharkara, Ashamari, Shula, Mutrakricchra</i>	B.R. 36/68