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**Gokshura**

This spikey fruit looks like the cloven hoof of a cow and hence the name Go-kshura (cow-hoof). 'Kshura' also means 'scratcher' and as this thorny shrub is found growing in sandy wasteland all over the sub-continent it is responsible for scarring the hide of many a sacred cow. It is a superb diuretic that clears excess fluids from the system. Its hormonal precursor compounds actively nourish the reproductive system. It is also very useful for itchy skin, especially on the hands and feet.

**Common Name**

Puncture vine fruit (E), Caltrops (H), Gokhru (H)

**Latin Name**

Tribulus terrestris – Semen, Herba (Zygophyllaceae)

**Sanskrit**

Gokshura

**Bio-medical Action**

Diuretic, lithotriptic, aphrodisiac, reproductive tonic, nervine, anti-spasmodic, anabolic, alterative

**Dosage**

1–9g/day as decoction, 3–15ml/day of a 1:3 @ 25% tincture.

**Notes**

- Its diuretic effect is balanced by its valuable moistening and nourishing effect on the mucus membranes.
- It is a rejuvenative for pitta and a balancer for vata. It specifically moves apanavayu downwards.
- A main ingredient in Gokshuradi guggul. A superb formula for clearing stagnation and vata in the urinary system.
- The fruit, aerial parts and root are used in Ayurveda. The aerial parts appear to have the widest spectrum of rejuvenative activity for the reproductive system. The fruits are best known for their lithotropic activity and for their action on the skin.

**Contraindications**

Dryness. Caution during pregnancy as it moves downwards.



Shatavari is a cooling and nourishing herb from the asparagus family. It contains precursors to female hormones that help tonify and balance the reproductive system. A natural alternative to HRT, Shatavari is clinically proven to alleviate many symptoms of the menopause including dryness and hot sweats.



Aloe Vera is renowned for maintaining youthful looks, healthy skin and balanced digestion. It's particularly good for women's health and tonifies the reproductive system. It has cooling properties to help alleviate menopausal symptoms and also works well to support gentle detoxification of the liver.