

Gokshura / *Tribulus terrestris*

Part consumed -

Fruit, Root

Form consumed - Powder, Decoction, Confection

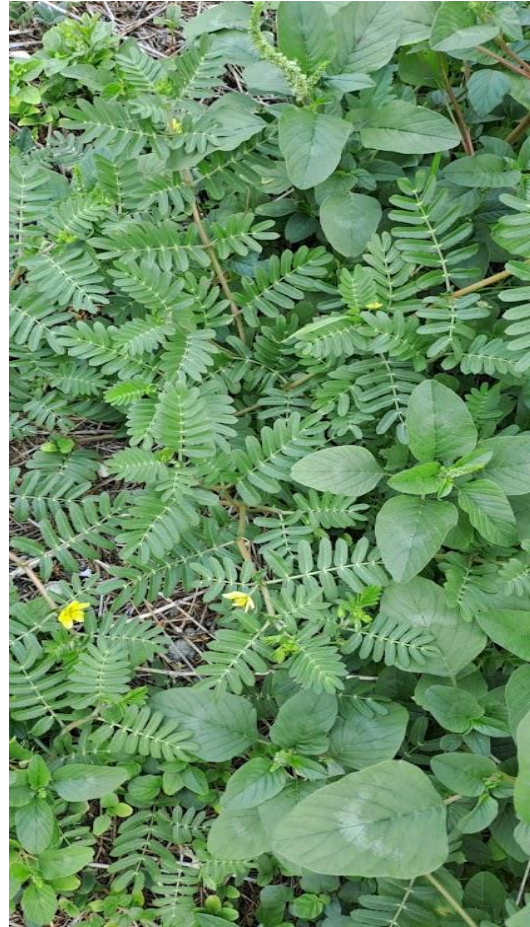
Maximum daily consumption by adults –

Fruit Powder - 6 g

Root Decoction – 50-100 ml

Composition

- Phytosterols
- Saponins
- Flavonoids
- Glycosides
- Rutin
- Rhamnose
- Diosegenin
- Gitogenin



Indications as per Ayurveda

- Laxative
- Digestive
- Appetizer
- Anti-inflammatory
- Diuretic
- Kidney Stones
- Impotence
- Diabetes

Modern Clinical Studies

- Diuretic
- Antioxidant
- Hepato-protective