

Tribulus terrestris Linn.

Family : Zygophyllaceae

Group : 1. Dasamoolam, Diuretic/renal protectant

Parts Used : Whole plant

Vernacular Names

English : Puncture-vine, Land-caltrops

Malayalam : Njerinjil

Hindi : Gokharu

Sanskrit : Goksurah

Tamil : Nerinci

Telugu : Palleru, Cinnapalleru

Distribution and habitat: Throughout India, upto 5,400 m, as a weed along roadsides and waste places.

Botany: An annual or perennial, prostrate herb with many slender, spreading branches and silky villous young parts.

• **Leaves** : Abruptly simple, paripinnate and opposite, leaflets 5-8 pairs, subequal, oblong to linear-oblong, mucronate, pubescent on both surfaces.

• **Flowers**: Bright yellow in colour, solitary and pseudo-axillary or leaf opposed.

• **Fruits** : Globose, consisting of 5 woody mericarps with 2 long and 2 short spines.

• **Seeds** : many in each coccus.

Properties:

• The roots and fruits are sweet, cooling, diuretic, aphrodisiac, emollient, digestive, anthelmintic, cardiotonic and expectorant.

• The leaves are diuretic, anthelmintic, aphrodisiac and depurative.

• The seeds are cooling, diuretic, anti-inflammatory, strengthening and aphrodisiac.

Chemical constituents: Kaempferol, campesterol, stigmasterol, amino acids, alkaloids harmine, cinnamic amides derivatives etc.

Uses:

• The roots and fruits are useful in anorexia, consumption, cardiopathy, scabies, ophthalmia etc.

• The leaves are used in skin diseases, strangury, inflammations etc.

• The seeds are useful in epistaxis, urinary troubles and ulcerative stomatitis.

Propagation: The plant can be propagated by seeds.