

## Diuretics

Diuretics are used to rid the body of extra fluid or salt. People with high blood pressure, heart failure, swollen tissues, and kidney disease often use diuretics to treat these conditions. Extra fluid in the body makes it hard for the heart to work properly and can make breathing difficult. Prescription diuretics are commonly called water pills, and their first effect is to increase urination.

Diuretics should not be used to achieve weight loss.

Diuretics can affect the levels of certain minerals in the body.

Diuretics can be drugs, but some foods and drinks act as natural diuretics.

Doctors can prescribe diuretic medication.

There are also many foods and drinks that work as diuretics.

## GOKHRU

### Synonym

Caltrops fruit.

### Biological Source

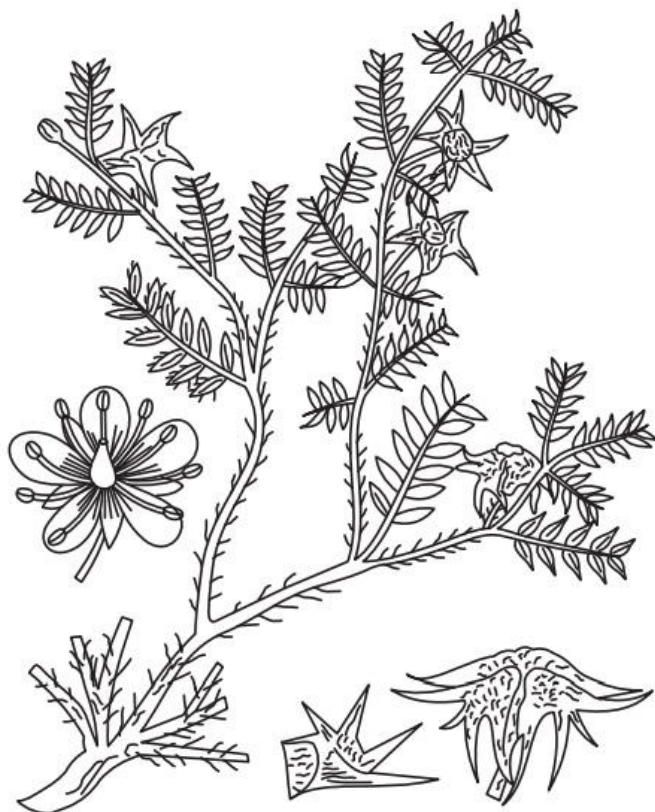
In Ayurveda two types of Gokhru are used, that is, Bada and Chota Gokhru. The smaller or Chhota Gokhru is the dried ripe seeds of *Tribulus terrestris* Linn., Family: Zygophyllaceae.

### Geographical Source

The plant is an annual, prostrate herb growing throughout India upto 3,500 m in Kashmir.

### Characteristics

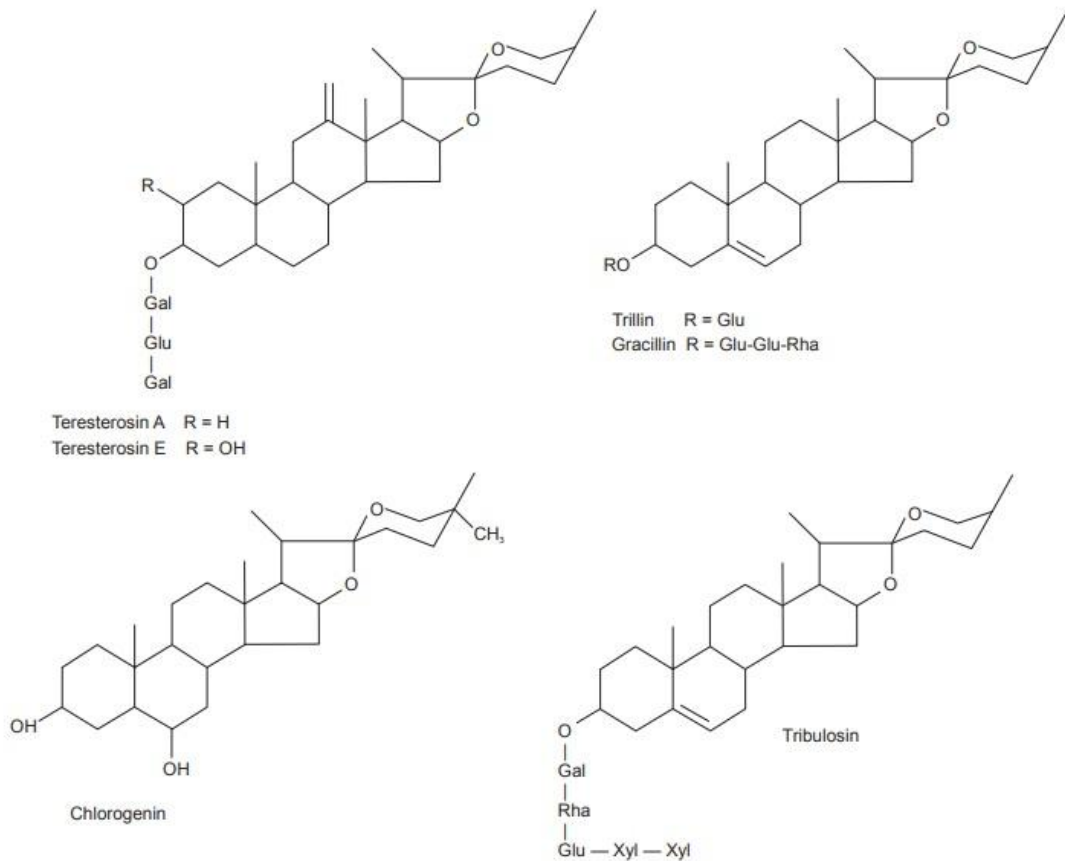
The fruits are yellowish in colour, globose, 1.2 cm in diameter containing five woody, densely hairy, spiny cocci. Large pointed spines are present in each coccus. Two smaller and shorter spines are directed downwards. Several seeds are present in each coccus.



*Tribulus terrestris*

### Chemical Constituents

The dried fruits of *T. terrestris* consist of steroidal saponins as the major constituents. It includes terestrosins A, B, C, D and E, desgalactotigonin, F-gitonin, desglucolanatigonin and gitonin. The hydrolysed extract consists of sapogenins such as diosgenin, chlorogenin, hecogenin and neotigogenin. Certain other steroidal such as terestroside F, tribulosin, trillin, gracillin, dioscin have also been isolated from the aerial parts of the herb. The flavonoid derivatives reported from the fruits includes tribuloside and number of other glycosides of quercetin, kaempferol and isorhamnetin. It also consists of common phytosterols, such as,  $\beta$ -sitosterol, stigmasterol and cinnamic amide derivative, terestiamide.



## Uses

The fruit has cooling, antiinflammatory, antiarthritic, diuretic, tonic, aphrodisiac properties. It is used in building immune system, in painful micturition, calculus affections and impotency. Improves and prolongs the duration of erection. It exerts a stimulating effect on reproductory organs.

## Marketed Products

It is one of the ingredients of the preparations known as Bonnisan, Confido, Himplasia, Renalka (Himalaya), Dhatu-poushtik churna (Baidyanath), Semento (Aimil) and Body plus capsule (Jay Pranav Ayurvedic Pharmaceuticals).

## **Punarnava**

**Synonyms:** santhi, moto satado, ataki, sanadika, gonajali, sanadika, sothaghna

**Biological Sources:** Boerhavia diffusa

**Family:** Nyctaginaceae

**Morphology:**

Leaves:-leaves are small with whitish on the lower surface and upper green.

Flowers:-flowers are very small reddish in color.

Fruits:-fruits with five coloring glandular

Medicinal Uses:-This plants root is useful.

**Chemical composition:**

Major components are sitosterol, esters of sitosterol, punarnavine, boerhaavia acid, boeravinone, palmitic acid and many other compounds

**Uses:**

Herb is used as diuretic, Expectorant, Stomachic, Prescribed in the treatment of jaundice, Given in the loss of digestive power, Enlargement of spleen, Used for relieving abdominal pains