

## *Tribulus terrestris*



Synonym	Gokshura, Puncture vine
Family	<i>Zygophyllaceae</i>
Distribution	India, Africa, Southern Europe, Warm temperate regions
Chemical constituents	Saponins (Protodioscin), Flavonoids, Alkaloids
Plant part used	Fruits, Roots
Uses	Aphrodisiac, Diuretic, Urinary disorders, Improves stamina