Title: Core Review of Gokshura plant & Analysis of Anti-tumour activity- A Review study

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Abstract

Gokshura (Tribulus terrestris Linn.) of the family Zygophyllaceae is very revered herb of the Indian *Ayurvedic* system of medicine for treatment of various kinds of diseases. Its various parts contain variety of chemical constituents which are found medicinally important. Although the review articles on this plant are already published, this review article is presented to compile the complete literature review of *Gokshura* updated information on its pharmacological activities, which are performed by widely different experiments. Various studies which are done on *Gokshura* revealed the result that the plant possesses Anti-urolithiatic, Anti-microbial, Anti-helminthic, Cardiotonic, Anti-inflammatory, Hypolipidemic, Immunomodulatory, Antispasmodic, Analgesic, Aphrodisiac, Anti-tumour, Hepato-protective, Anti-oxidant, CNS modulator properties. Considering its therapeutic values, a review has been done to gather complete information on different aspects of Gokshura. The fruits and roots of TT have been used as a folk medicine for thousands of years in India, Sudan etc. Numerous bioactive phytochemicals, such as saponins and flavonoids, have been isolated and identified from Tribulus that are responsible alone or in combination for various pharmacological activities. Saponins are natural substances produced by a large number of plants, one of which is Tribulus terrestris L. (TT). They have been reported to possess an antitumor activity exerted by regulating various signalling pathways in the cell.

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Biography:

Dr. Sunil Pal has completed his B.A.M.S Graduation at the age of 24 years from Rajiv Gandhi University of Health Sciences (Bangalore), India. He is now pursuing Post graduation in M.D. Kayachikitsa (Internal Medicine- Ayurveda) from Maharashtra University of Health Sciences (Nashik), India. He has over 9 International Publications with 2 Abstract as titled in souvenir in his Post graduation academics period. Recently he has been awarded with "***Bharat Gaurav Puraskar 2021***" and "**Certificate of Excellence**" for outstanding contribution in the field of ***"Ayurveda Physician"***. Recently nominated as **"Young Scientist"** by VDGOOD Foundation, Coimbatore & Also nominated as "**National Excellency Award"** by KTK Foundation, New Delhi. He has won many prizes in Quizzes, Paper presentations, Poster presentations, Essay writings, Article writings etc. He is active member of N.Y.L.P. NGO, Mumbai, India also Supporting Member of AAPNA (Association of Ayurvedic Professionals of North America, USA). He is currently doing research trial on *Gokshura* (*Tribulus terrestris*) herbs in Stage-I Hypertension. He is determined to pursue Academia Research. He is enamored of teaching and Clinical Research. He has main interest in Blood disorders, Neurology Auto-immune disorders, Oncology, Nephrology in Ayurveda.

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