

Tribulus



Scientific name: *Tribulus terrestris* L.

Common name: Small caltrops, Tribulus

Traditional name: Hasak

Part used: Fruit

Description & characteristics:

Multi-sided, thorny green yellowish fruits are odorless with an indistinct taste formed of five concentrically carpels. Each carpel has an unfair surface with four long hard thorns on it.

Temperament: Toward cold and dry

Functions:

Jali (detergent), *Mofattih* (deobstruent), Diuretic of urine, astringent, tonic, *Mojaffif* (desiccant) Purifying, very beneficial for ulcers, *Mofattit* (lithotriptic) of kidney and bladder calculus, *Radi* (restrainer).

Traditional uses:

Aphtha, mouth ulcers, infectious ulcers, turgidity of uvula and tonsils, hot temper headache, strengthen the gums, strengthening and cooling the eyes

Modern uses: Diuretic.

Dosage:

1-2 scoops, three times a day.

Side effects: Digestive complaintss

Precautions and warnings:

Diabetic people, hyperplasia of prostate, prostate cancer.

Use in pregnancy and breastfeeding:

Not recommended in pregnancy.

Contraindications:

People with androgen-sensitive tumors.

Interactions:

- Blood pressure lowering drugs
- Lithium

Pharmaceutical forms available in natural products pharmacy:

Compound: Hasak in combination with other herbs

- Safof Mufatet
- Diuretic powder
- Kidstone capsule

References:

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