

## Gokshura & Shatavari Formula (heter nu Woman Cranberry)

Clears water stagnation and urinary infections

Punarnava	<i>Boerhaavia diffusa</i>	Shatavari	<i>Asparagus racemosus</i>
Gokshura	<i>Tribulus terrestris</i>	Guduchi	<i>Tinospora cordifolia</i>
Amla	<i>Embolica officinalis</i>	Coriander	<i>Coriandrum sativum</i>

### Bio-Medical Action:

Diuretic, anti-oedema, anti-inflammatory, lithogogue

### Indications:

**Urinary:** Use when there is urinary discomfort with pain on passing water, urgency, dribbles, burning and blood or mucus streaked urine. Common complaints may be cystitis, inflammation of the prostate, Benign Prostatic Hypertrophy or other urinary or kidney infections.

**Stones:** Use for urinary gravel and kidney stones to relieve symptomatic pain and dissolve the stones.

**Water Retention:** This formula may be used whenever there is swelling or water accumulation anywhere in the body. It may be effective for joint swelling, interstitial swelling and pre menstrually.

**Weight:** When there is a tendency to accumulate weight by holding water these herbs will help to alleviate this extra holding.

**Heart:** When High Blood Pressure is caused or associated with water retention this formula can be used as part of a holistic treatment to balance the symptoms and treat the constitution.

**Reproductive:** For male fertility or reproductive problems associated with a blockage this formula will clear the accumulations in the lower abdomen and free the flow.

### Combinations:

- + **Shatavari Plus** for gynaecological conditions with water retention
- + **Guggul Plus** for excess weight problems
- + **Arjuna & Hawthorn Formula** for heart conditions with water retention
- + **Ashwagandha Plus** for weakness of the male reproductive system
- + **Aloe Vera Juice** - to soothe the urinary tract
- + **Andrographis** - if infection is severe

### Notes:

- The Punarnava, Gokshura and Coriander are all effective diuretics that free the flow of urine in the water channels. They strongly drain dampness out of the body.
- Guduchi, Shatavari and Amla are all cooling diuretics that clear infections, reduce inflammation and stop bleeding in the urine.
- Gokshura is a specific for reducing urinary gravel and stones.
- Punarnava and Shatavari are tonics for the kidneys.

### Ayurvedic Energetics:

**Taste rasa:** Sweet, Bitter, Astringent

**Action virya:** Cooling

**Post-digestive effect vipaka:** Cooling

**Quality guna:** Light, Dry

**Dosha effect:** PK-, V+ in excess

**Tissue dhātu:** Plasma, Blood, Fat, Reproductive

**Channel srota:** Urinary, Excretory, Reproductive

### Contraindications:

Not in pregnancy due to the descending nature. Always seek the advice of a herbalist in prolonged urinary infections

### Dosage:

2 capsules 3x/day

### Duration:

Short term for acute urinary problems for 1 week-1 month or long term 1-6 months for recurring problems