



A PHARMACOLOGICAL REVIEW ON TRIBHUVANA KEERTI RASA

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ABSTRACT

Aushadha plays an important role in the science of *Ayurveda* as it belongs both to *Tri sutra* as well as *Chikitsa chatushpada*. The empirical classification of pharmaceuticals in *Ayurveda* is based on source of drug in the manner of *Rasa Shastra* (mineral) and *Bhaishajya Kalpana* (herbal). *Tribhuvanakeerti rasa* is one such unique *Khalviya Rasayana* whose popularity is said to spread over the three worlds. The utility of *Shodhana karma* is essential before the preparation of formulation. An effort was made to collect and interpret references pertaining to *Tribhuvanakeerti rasa* along with its ingredients and to establish the mode of action on *Sannipata jwara* across relevant texts. There 3 Major Herbomineral Formulation in *Ayurveda* termed with the title '*Tribhuvanakeerti rasa*' are explained in *Rasayogasagara*. *Tribhuvanakeerti rasa* is a unique *Khalveeya Rasayan* explained in *Rasamrutam* with the ingredients *Hingula*, *Visha*, *Vyosha*, *Tankana* and *Magadhi shifa* potentiated by the *Swarasa* of *Tulasi*, *Adraka*, *Dhattura* and *Nirgundi* indicated in *Jwara*.

KEYWORDS: *Rasashastra*, *Bhaishajya kalpana*, *Tribhuvanakeerti Rasa*, *Khalvirasayana*, *Vati kalpana*.

INTRODCUTION

Aushadha place an important role in the science of *Ayurveda* as it belongs both to *Tri sutra* as well as *Chikitsa chatuspada*. A drug is deemed ideal when it is affective in low dosage, fast acting with broad spectrum uses, easy to administer and metabolized, palatable, nutrient, alleviates condition without causing lartogenicity, with minimal side effects and highly potent in terms of colour, odour and taste.¹ The empirical classification of pharmaceuticals in *Ayurveda* is based on source of drug in the manner of *Rasa shastra* (mineral) and *Bhaishajya kalpana* (herbal). In *Rasa shastra* the drugs are processed cheaply in four methods terms *Khalviya rasayana / Kupipakwa / Parpati Rasayana* and *Pottali Rasayana*.² *Tribhuvanakeerti rasa* is one such unique *Khalveeya Rasayana* whose popularity is said to spread over the three worlds.

MATERIALS AND METHODS

An effort was made to collect and interpret references pertaining to *Tribhuvanakeerti rasa* along with its ingredients and to establish the mode of action on *Sannipata jwara* across relevant texts.

DRUG REVIEW

There are 3 Major Herbomineral Formulation in *Ayurveda* termed with the title '*Tribhuvanakeerti rasa*' are explained in *Rasayogasagara*. The yoga which is vogue in present time is the *Khalveeya Rasayana* methods indicated for *jwara*, the other two are *Tamra yukta sharava samputa Rasayana* indicated for *Udara roga* and *Swarna yukta sharava samputa Rasyana* indicated again in *jwara*.³ Then again there are two references for *Khalveeya Rasayana* differing in number of *Bhavana dravyas*. *Yogaratanakara* proposed three *Bhavana dravyas Tulasi, Adraka* and *Dhattura swarasa*.⁴ *Rasamrutam* added *Nirgundi swarasa* as *Bhavana* medium.⁵ AFI standardized the *yoga* using *Rasamrutam* reference.⁶ For *Vati Kalpana*, *Sharngadhara Samhita* opined utility of *drava dravya* twice the amount of *Bhavya dravya*.⁷ *Rasaratanakara* peculiarly opines only the edition of *Kana* in place of *Vyosha* in the compound formulation.³

Table 1: list of drugs with quantity

Sl No.	Ingredients	Scientific Name	Part used	Quantity
1	<i>Hingula</i>	Cinnabar	Mineral	1 part
2	<i>Vatsanabha</i>	<i>Aconitum ferox</i>	Rhizome	1 part
3	<i>Tankhana</i>	Sodium borate	Mineral	1 part
4	<i>Shunthi</i>	<i>zingiber officinale</i>	Dry Rhizome	1 part
5	<i>Maricha</i>	<i>piper nigrum</i>	Fruit	1 part
6	<i>Pippali</i>	<i>piper longum</i>	Fruit	1 part
7	<i>Pippalimoola</i>	<i>piper longum</i>	Root	1 part
8	<i>Tulasi</i>	<i>Ocimum sanctum</i>	Leaf	14X 3 parts
9	<i>Adraka</i>	<i>zingiber officinale</i>	Fresh Rhizome	14X 3 parts
10	<i>Kanaka</i>	<i>Datura metal</i>	Leaf	14X 3 parts
11	<i>Nirgundi</i>	<i>vitex negundo</i>	Leaf	14X 3 parts

SHODHANA

Raw *Hingula* was first ground into a powder in a *khalva yantra* (mortar using a pestle). Followed by *Bhavana* (levigation) seven times in *Nimbu Swarasa*. After the seventh time, the *bhavana* is continued till dryness and it is completely rinsed with water.⁸ Properly collected *Vatsanabha* tuber should be broken into small pieces and soaked in Cow urine in earthen vessel. The vessel must be kept under the sun for three days and fresh urine was used every day for three days, *Vatsanabha* then was peeled and allowed to dry under the shade.⁹ Raw *Tankana* is placed was finely powdered and placed in a *Sharava*, which is then heated on *Mandagni* (mild heat) and *Tivragni* (high heat) until all of the water in *Tankana* has evaporated. *Tankana* is finally obtained as a white puffy light substance.¹⁰ After peeling the dried *Shunthi*, it should be soaked in *Choornodaka* and placed under the sunlight for 3 hours. Later it was dried under the shade. Dried *Pippali* are triturated well with *Chitrakamoola swarasa* in sunlight. The *shodhana* of *Maricha* is done by the process of *bhavana* in the sour buttermilk media for 72 mins.¹¹

Table 2: list of *shodhan dravya*, method and duration for ingredients

Sl No.	Dravya	Shodhana	Media	Specifications
1	<i>Hingula</i>	<i>Bhavana</i> and <i>prakshalana</i>	<i>Nimbu Swarasa</i>	7 times
2	<i>Vatsanabha</i>	<i>Nimajjana</i>	<i>Gomutra</i>	7 days
3	<i>Tankana</i>	<i>Bharjana</i>	-	till devoid of moisture
4	<i>Shunthi</i>	<i>Nimajjana</i>	<i>Choornodaka</i>	3 hours
5	<i>Pippali</i>	<i>Bhavana</i>	<i>Chitrakamoola kwatha</i>	1 time
6	<i>Maricha</i>	<i>Nimajjana</i>	<i>Amla Takra</i>	1 <i>ghatika</i>

METHOD OF PREPARATION

First, *suddha Hingula* is powdered properly in a clean *khalwa yantra*; then, add *suddha Vatsanabha* and do *mardana*/dry grinding until it turns into a homogenous mixture; then, add *shodhita Trikatu* and continue *mardana*; later, add *suddha Tankana*; and finally, add *sudhita Magadhi shifa* and continue *mardana* until a homogenous mixture is achieved. To begin *bhavana*, add double quantity of *Tulasi swarasa* that of total powder to thoroughly immerse the aforementioned combination in *Tulasi swarasa* and do *bhavana* (Levegiation) till it attains *sub* given with *Ardraka swarasa*, *Dhattura swarasa* and *Nirgundi swarasa* each in sequential order. Till the mixture reaches *chipatibuya* (Can be rolled into wick) and *mardava* (Softness).¹² Finally roll pills in the size of *ratti pramana* (125mg). Dry the pills in shade and store in air tight containers.

Anupana: *Adraka Swarasa*, Ho *havita lakshana*; total three *Tulasi swarasa bhavana* should be given. Subsequently three *bhavana* is ney & *Tulasi Swarasa*⁶. Dosage – 1 - 2 *Ratti* (125mg-250mg) twice or thrice as day. Indications – *Vatakaphaja jwara*, *Sannipata Jwara*, *Taruna jwara*⁶

Table 3: *rasa panchaka*, action on *dosha* and diseases of ingredients

Sl No.	Dravya	Guna	Rasa	Vipaka	Veerya	Doshaghnta	Karma	Rogaghnta
1	<i>Suddha Hingula</i> ^{13,14}	-	<i>Tikta Kasaya</i>	<i>Katu</i>	<i>Ushna</i>	<i>Sarvadoshghna</i>	<i>Deepana Pachana, Ati Rasayana Vrushya Kantivardhana, balavardhana</i>	<i>Jwara, netraroga, Kaphapitta Roga, Philaroga, Kustha, Garavisha, Kamala</i>
2	<i>Suddha Vatsanabha</i> ^{15,16}	<i>Teekshna, Vyaava, Vikasi, Laghu rooksha</i>	<i>Katu Tikta Kashaya</i>	<i>Madhura</i>	<i>Ushna</i>	<i>Tridoshagna Vishesh KaphaVataghna</i>	<i>Yogavahi, Swedajana rasayana Deepana Brihmana Balya</i>	<i>Jwara, Agnimandhya, Amavata, Phiharoga, Vataratka, Swasa, Kasa, Shotha</i>
3	<i>Suddha Tankhana</i> ¹⁷	<i>Ushna Teekshna Sara Rooksha</i>	<i>Katu</i>	<i>Katu</i>	<i>Ushna</i>	<i>Kapha visheleshaka Vata shamaka</i>	<i>Agnideeptikara, Pachana, Kandugna Stripushpanana</i>	<i>Vishagna, Kasa, Swasha, Adhmana, moodagarbha</i>
4	<i>Shuddha Shunti</i> ¹⁸	<i>Laghu Snigdha</i>	<i>Katu</i>	<i>Madhura</i>	<i>Ushna</i>	<i>Kapahavatas hamaka</i>	<i>Deepana Pachana Vatanulomana Srotorodhanivarana</i>	<i>Jwara Sheetaprahmana, Amavata,</i>
5	<i>Suddha Maricha</i> ²⁰	<i>Teekshna Rooksha</i>	<i>Katu</i>	<i>Katu</i>	<i>Ushna</i>	<i>Kapha-vatajit</i>	<i>Vatanulomana Krmigna Swedajana</i>	<i>Prastisysya Sheetajwara kasa Swaasa, Kustha</i>
6	<i>Suddha Pippali</i> ¹⁹	<i>Teekshna Laghu Snigdha</i>	<i>katu</i>	<i>Madhura</i>	<i>Anushna</i>	<i>vata-kaphahara</i>	<i>Rasayana, Deepana, Pachana vrushya</i>	<i>jwaragna Swasa kasa hikka, Amavata</i>
7	<i>Pippalimoola</i> ¹⁹	<i>Laghu rooksha</i>	<i>Katu</i>	<i>Katu</i>	<i>ushna</i>	<i>Vatakaphaha</i>	<i>Bedhana, deepana pachana</i>	<i>gulma Swasha kshaya</i>

Table 4: *rasa panchaka*, action on *dosha* and diseases of *bhavana dravya*

Sl No.	Dravya	Guna	Rasa	Vipaka	Veerya	Doshaghnta	Karma	Rogaghnta
1	<i>Tulasi</i> ²¹	<i>Laghu Rooksha</i>	<i>Katu Tikta</i>	<i>Katu</i>	<i>Ushna</i>	<i>Kapha Vata Shamaka</i>	<i>Krimigna, Deepana Pachana</i>	<i>Jwara, Kasa, Swasa, Kustha, Kshaya</i>
2	<i>Adraka</i> ¹⁸	<i>Guru Rooksha Teekshna</i>	<i>Katu</i>	<i>Katu</i>	<i>Ushna</i>	<i>Kapaha Vata Shamaka</i>	<i>Deepana Pachana Vatanulomana Srotorodha Nivarana</i>	<i>Jwara Sheeta Prahmana, Amavata, Agnimandhya</i>
3	<i>Hema</i> ²²	<i>Laghu, Ruksha, Vyavayi, Vikasi</i>	<i>Tikta, Katu</i>	<i>Katu</i>	<i>Ushna</i>	<i>Kapaha Vatagna</i>	<i>Shotahara, Krimigna, Agni Deepana, Kandugna</i>	<i>Jwara, Swasha, Twakdosha</i>
4	<i>Nirgundi</i> ²³	<i>Laghu Rooksha</i>	<i>Katu Tikta</i>	<i>Katu</i>	<i>Ushna</i>	<i>Vata-Kaphahara</i>	<i>Vedanasthapanana, Amapachana, Jwarapratibandka</i>	<i>Jwara, Vatavyadhi, Shota, Twak Dosha, Amavata</i>

DISCUSSION

The *Katu vipaka*, *Ushna veerya* and *Sarva doshaghna* properly of *Suddha Hingula* does the *Aam pachana* and *Agnidipana* therefore, correcting the *Agnimandyatva* present in *Jwara*. The *Tikshna*, *Vyavayi*, *Vikasi* guna and *Ushna veerya* of *Suddha Vatsanabha* enters the *sukshma srotas* by *Yogavahitwa* and does the *shodhana* leads to *Swedajanana* which is one among the *Jwara mukta lakshana*.²⁴ *Tankana* is potent *Vishaghna* aides in the minimization of toxic effects of *Hingul* and *Vatsanabha*. All the drugs of *Trikatu* have *Tikshna* guna, *Katu rasa*, *Ushna veerya* does *Vata-Kapha shamana* along with *Deepan*, *Pachana*, *Vatanulomana* and *Krimighna*. In essentiality *Trikatu* does *Koshtha suddhi* and does the action on *udbhava sthana* of *Jwara*. In the *Bhavana dravyas* *Tulasi*, *Adraka*, *Dhattura* and *Nirgundi* all have the property of *Jwaraghna* and *Vata-Kaphahara*. They by the *samskara* of *Bhavana* potentiates herbo mineral formulation. Utilizing repeated *Bhavanas* with double the quantity of *dravya dravya* helps in reduction of particle size of the compound, thereby increasing

bio availability of drug. The important benefits of *Rasa aushadhis* are they are quick acting even in low dosages, have excellent palatability and can be used irrespective specific of *dosh*, *desha* and *kala*.^{25,26} Therefore, the formulation can be prescribed even in the *aam avastha* of *Jwara*. *Rasamrutam* dictated the specific yoga has broad spectrum activity on different types of *Jwara* upon utility of specific *anupana*.

CONCLUSION

Tribhuvankeerti rasa is a unique *Khalveeya rasayan* explained in *Rasamrutam* with the ingredients *Hingula*, *Visha*, *Vyosha*, *Tankana* and *Magadhi shifa* potentiated by the *Swarasa* of *Tulasi*, *Adraka*, *Dhattura* & *Nirgundi* indicated in *Jwara*.

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