



Review on pharmacokinetics and pharmacodynamics action of Tribhuvan Kirti Rasa.

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ABSTRACT

Tribhuvan Kirti Rasa is mentioned in Yogratnakar as a treatment of *Jwara*¹. The *Phalashruti* of *Tribhuvan Kirti Rasa* stated that it treats *sannipataj jwara*. So, in this article I am presenting my hypothetical view on pharmacological aspect of *Tribhuvan Kirti Rasa* on *jwara*.

Keywords: *Tribhuvan kirti Rasa, Jwara.*

INTRODUCTION

Jwara is a common symptom found in a large number of patients. It can occur due to various factors. Ayurveda mentioned different types of fever. Each type has its own causes, characteristics and treatment. Practitioners must understand the nature or state of a disease, pharmacokinetics and pharmacodynamics of drugs. Here we are trying to write a hypothetical review on *Tribhuvan Kirti Rasa* which is one of the most prescribed *rasa* in the treatment of *jwara*. We are reviewing the pharmacokinetic and pharmacodynamic aspects of *Tribhuvan Kirti Rasa* on different stages of *jwara* which are mentioned in *Phalashruti* of the Drug.

MATERIALS AND METHOD

Tribhuvan Kirti Rasa is a herbo-mineral drug Containing *hingula, bachanag, sunthi, marich, pippali, tankana, pippalimul*. Along with these drugs bhavana of *Tulasi swaras, adraka swarasa, dhattura patra swarasa* are done to enhance the potency of *Tribhuvan Kirti*

*Rasa*². The study of these drugs gives deep knowledge about the breaking of specific stages *samprapti*.

We used various *samhitas* and previously published articles for reference purposes.

STUDY DESIGN

1. The pharmacokinetic action of *Tribhuvan Kirti Rasa*
2. The pharmacodynamic action of *Tribhuvan Kirti Rasa*

Pharmacokinetic action of *Tribhuvan Kirti Rasa*

Dose- 1/8 to 1/2 *gunja*³

Route of drug administration – oral

Anupana- *Tulasi swarasa, adraka swarasa, madhu, ushnodaka*.⁴

Indication- *sannipataj jwara, vataja jwara, kaphaja jwara*.⁵

Contraindication- *pittaja vyadhi*.

Name of drug	Latin name	Rasa	Virya	Vipaka	Guna	Karmukatva
Hingula ⁶	cinnabar		Ushna		Jantughna, deepana, tridhoshaghna	Jwara, kamala amavata
Bachanag ⁷	Aconitum Ferox	Madhura	Ushna	Katu	Laghu, ruksha, tikshna, vyavahi, vikasi, swedala, vaatkaphaghna,	Jwara
Sunthi ⁸	Zingiber Officinalis	Katu	Ushna	Madhura	Vaatkaphaghna, pittakara, deepan, pachana	Shwasa, jwara, aama,
Marich ⁹	Piper Nigrum	Katu	Ushna	Ardra-madhura	Vaatkaphaghna, pittakara, ruksha, tikshna	Shwas, shola, krumi
Pippali ¹⁰	Piper Longum	Katu	Ushna	Madhura	Laghu, snigdha, tikshna	Jwara, aamavat, udara, pleeha, gulma

Pippali mula ¹¹	Piper longum	Katu	Ushna	Madhura	Vaatkaphaghna, deepana, vrushya rasayana	Jwara, kushtha, prameha, aamavata,
Tankana ¹²	Borax		Ushna		Vaatgkaphaghna	Kasa, shwasa,
Tulasi swarasa ¹³	Ocimum sanctum	katu	ushna	katu	Swedal, uttejak	Shwas, kaasa, vishamajwara
Adraka swarasa ¹⁴	Zingiber Officinalis	Katu	Ushna	katu	Deepan, pachak	Shwasa, kaasa, kapha, ajeerna
Dhattura patra swarasa ¹⁵	Datura Innoxia	Tikta, katu	Ushna	katu	Vedanahar, shothaghna	Shwasa, Kasa

Hingula:¹⁶

The density of cinnabar is 8.1. The denser the element, the longer it takes to digest. Cinnabar takes a long period to digest in the human body. It stays in *Aamashay* for a longer period. As it is bound with other drugs like *Vatsanabh*, *tankan* and *trikatu* all drugs stay in *aamashaya* for a long period. So, they break *jwara-samprapti* in *aamashaya*. *jwara* initiates from *aamashaya*, so if *samprapti* is a break in *aamshaya*, *jwara* will not move forward. It also works as an appetizer. It is used in the treatment of *aamavata*. *Ushna virya* of *hingula* helps to counter sheet guna of vata and pitta in *vaata-kaphaja jwara*.

Visha:¹⁷

Also known as *vatsanabh* or *bachanaga*. It is poisonous. Works as diaphoretic. Causes sweating which helps to lower body temperature. it affects heart if not use properly. It is *hrudaya-avasadaka*. Leads to bradycardia. It also helps to lower the increased heart beats in fever.

Tankana:¹⁸

Also known as Borax. It helps to improve digestion. It is an antidote for *vatsanabh*. *Tankana* is always used in *vishakalpa*, to counter adverse effects of *vatsanabh*. Diaphoretic

action of *vatsanabh* causes sweating which leads to loss of sodium. Borax (*Tankana*) contains sodium, which helps to recover *Tankana* is also used to treat tonsillitis.

Trikatu: ¹⁹

It is group of *Sunthi*, *Marich*, *Pippali*. All these drugs are *katu* in *rasa*, *madhura* in *vipaka* and *ushna* in *virya*. *Trikatu* is used in *deepana* of *agni* and *pachana* of *aama*. It counters *sheeta guna* of *vaata* and *kapha*. As *aama* and *mandagni* is essential factors of *jwara* pathology, *trikatu* play an important role in breaking pathology.

Bhavana dravyas:

Tulasi swarasa, *adraka swarasa*, *dhattura patra swarasa* used as *bhavana dravyas* in *tribhuvana kirti rasa*. All three are *ushna* in *virya* which helps to treat *aama* and *vaat-kapha*.

Sequence of *bhavana* is *tulasi swarasa*, *adraka swarasa* and last *dhattura patra swarasa*. In the digestion process *kapha* dominates the first phase followed by *pitta* and *vata* in the second and third phases respectively. So here, *dhattura patra swarasa* first gets digest which is *kaphaghna*, then *adraka swarasa* which is *pittakara* and lastly *tulasi swarasa* which acts on *vaata*.

THE PHARMACODYNAMIC ACTION OF TRIBHUVAN KIRTI RASA

Jwara ²⁰

Dosha- Pachaka pitta

Dushya- Rasa dhatu

Strotovikruti- rasavaha strotasa, swedavaha strotasa

Udhhavasthan- aamashaya

Sanchar- rasayani

Adhishthana- deha, indriya, mann

Vyaktisthana - twak

Aama and Agnimandya:

They are initial and one of the most important causes for *jwara utpatti*. *Aama and Agnimandya* symptom is developed in initial *samprapti* stage and remains throughout disease. To break *samprapti* at this level and treat the symptom practitioner needs to use *ushna viryatmak*. *Tikshna and ruksha dravyas*. Drugs increasing *deepan* and *pachan* activities are useful in this stage.

In *Tribhuvan Kirti Rasa trikatu* is useful in the treatment of *aama* and *agnimandya*. It is also useful for treating *vaat* and *kapha vruddhi*, which are leading causes of *Sannipataja Jwara*.

Swedavaha strotas avarodh:

Temperature of human body rises due to closing of skin pores. Closed pores don't allow temperature to escape from body. So, opening of skin pores allows to escape of temperature. This is known as diaphoretic action. This action is done due to *aamapachana*, *swedajanan* and *agnivardhan gunas*. These *gunas* decreases *vaat-kapha prakop* which leads to *strotorodh nash*. It causes sweating and lowers body temperature to achieve thermoregulation.

DISCUSSION

All contents in *Tribhuvan Kirti Rasa* are *ushna* by nature (*viryā*). This counters *vaat* and *kapha doshas*. It is very useful in *jwara* occurs due to *vaat* and *kapha prakopa*.

Hingula allows it to work in *aamashaya*. *Vatsanabh* causes diaphoretic action leads to treat raised body temperature. *Tankana* helps to recover body from electrolyte imbalance caused due to sweating. It also works as antidote of *Vatsanabh*. *Trikatu* and *pippalimula* helps to treat *aama* and *agnimandya*, leads to break *jwara samprapti*. *Trikatu* also helps to treat *vaata* and *kapha*, which is leading cause of *sannipataja jwara*.

Use of *tulasi swarasa*, *adraka swarasa* and *dhattura patra swarasa* enhances drug response by synergism activity. Also sequence of *bhavana* which is first *tulasi swarasa* which is followed by *adraka swarasa* and *dhattura patra swarasa* helps to work on *kapha*, *pitta* and *vata* respectively, in digestion phases. While used in patients with *pitta Pradhan* symptoms, *praval* and *sitopaladi churna or madhu*²¹ can be used to counter *ushna guna*.

It can also use in *Romantika* which is also known as *Govara*.²²

Different articles on *Tribhuban Kirti Rasa* are reviewed and studied to understand previously done study on *Tribhuvan Kirti Rasa*.²³⁻²⁹

CONCLUSION

Tribhuvan Kirti Rasa is very useful and important *rasa-kalpa* in treatment of *Sannipataja* and *nava-jwara*.

As it contains *ushna*, *tikshna* and *ruksha dravya*, it is useful in *vaat- kaphaj jwara*. It contains *vatsanabh* and *dhattura* so it needs to be used carefully.

For synergism activity ushnodaka, tulasi swarasa and adraka swarasa can be use as *Anupana*.

As described here the hypothetical review, clinical study needed to find efficacy of Tribhuvan Kirti Rasa.

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