

CHARAKOKTA RUTU-TRIVRIT ; AN UNIQUE CONCEPT.

Bindiya¹, Mamatha V Rao², M S Veena³

¹MD Scholar, Department of PG studies in Dravyaguna, Government Ayurveda Medical College, Bengaluru.

²Professor, Department of PG studies in Dravyaguna, Government Ayurveda Medical College, Bengaluru.

³HOD and Professor, Department of PG studies in Dravyaguna, Government Ayurveda Medical College, Bengaluru.

Corresponding Author: Bindiya.sm2512@gmail.com

<https://doi.org/10.46607/iamj1312092024>

(Published Online: September 2024)

Open Access

© International Ayurvedic Medical Journal, India 2024

Article Received: 08/07/2024 - Peer Reviewed: 29/07/2024 - Accepted for Publication: 14/08/2024.



ABSTRACT

Trivrit (Operculina terpepethum) that has been widely used for its excellent therapeutic effect, since vedic period till date. According to acharya *charaka*, *trivrit* is an *agrya dravya* for *sukha virechana*. In classics, administration of drugs has been given prime importance in accordance with *bala*, *agni*, *rutu*, *anupana* etc. In this regards, Acharya *charaka* has explained very unique concept in *kalpa sthana*, known as *Rutu Trivrit*.

Keywords: *Trivrit, Operculina terpepethum, Rutu, Rutu Trivrit*

INTRODUCTION

Virechana is the process of expelling doshas through the *Adhobhaga*, as described by *Acharya Charaka*. It is particularly beneficial for disorders caused by *Pitta*, especially when *Pitta* is associated with either *Vata* or *Kapha*. *Acharya Charaka* categorized *virechana* into 3 levels of Intensity : *Mridu*, *Madyama*, *Tikshna*. Similarly, *Virechana Dravya* can be

classified based on their mode of action as *Anulomana*, *Sramsana*, *Bhedana* and *Rechana*. Among many Ayurvedic herbs that are useful for easy purgation *Trivrit (Operculina turpepethum Linn)* is considered as *sukhavirechaka*^[1]. *Rutu Trivrit*^[2] is a unique concept explained in *kalpasthana* of *charaka Samhita* where specific combination of drugs is given in specific *rutu*

and yields better result as it is in accordance with *anupana* , *bhavana* and *samskara* etc in order to expel the vitiated doshas completely and to attain *dhatu-samyak*.

Morphology:

Operculina turpethum belonging to Convolvulaceae family is a perennial twiner with milky juice. Root is long, slender, fleshy, branched and root bark is easily removable. Stem is twisted three angled hence it is known as *Trivrit*. Simple leaves with ovate or oblong shape. Flowers are funnel shaped and white in colour. It can be easily cultivated with seeds or layering. Harvesting of roots recommended after 18 months of plantation [3].



Synonyms :

Table 1 – Synonyms of *Aruna trivrit* in *Nighantus*

S.No	Synonyms	B.N	D.N	MP.N	K.N	R.N
1	<i>Bhandi</i>	+	-	-	-	-
2	<i>Tribandi</i>	-	+	+	+	-
3	<i>Tripata</i>	+	+	+	+	+
4	<i>Sarvanubhuthi</i>	+	+	+	+	-
5	<i>Sarala</i>	+	+	+	-	-
6	<i>Tryasra</i>	-	+	+	+	-
7	<i>Kakakshi</i>	-	+	-	-	-
8	<i>Kumudagandini</i>	-	+	-	-	-
9	<i>Kalindi</i>	-	-	-	-	+
10	<i>Kumbha</i>	-	-	+	+	-

B.N – Bhavaprakasha Nighantu

D.N – Dhanvantari Nighantu

MP.N – Madanaphala Nighantu

K.N – Kaiyadeva Nighantu

R.N – Raja Nighantu

Table 2 - Synonyms of *Shyama Trivrit* in *Nighantus*

S.No	Synonyms	B.P	D.N	MP.N	K.N	R.N
1	<i>Ardachandra</i>	+	+	+	-	+
2	<i>Palindi</i>	+	-	-	+	-
3	<i>Sushennika</i>	+	+	-	+	+

4	Masuravidala	+	+	+	+	+
5	Kalameshika	+	+	+	+	+
6	Malavika	-	+	+	-	+
7	Tamrapushpa	-	-	-	+	-
8	Koshaphala	-	-	-	+	-

Table 3 - Gana vargeekarana of Trivrit in Various Texts

S.No.	Samhita /nighantu	Varga/Gana
1	Charaka Samhitha ^[4]	Bhedaneeya Vishaghna Asthapanopaga gana
2	Sushruta Samhitha ^[5]	Shyamadi gana Adhobhagahara gana Tikta varga
3	Ashtanga Hridaya ^[6]	Virechana gana Niruha gana Shyamadi gana
4	Bhavaprakasha Nighantu ^[7]	Guduchyadi varga
5	Dhanvantari Nighantu ^[8]	Guduchyadi Varga
6	Madanapala Nighantu ^[9]	Abhayadi varga
7	Kaiyadeva Nighantu ^[10]	Oshadhi varga
8	Raja Nighantu ^[11]	Pippalyadi varga
9	Aadarsha Nighantu ^[12]	Vriddadarvadi Varga
10	Priya Nighantu ^[13]	Pippalyadi varga

Table 4 - Rasapanchaka of Trivrit according to different Nighantus

S.No.	Properties	B.P	D.N	MPN	K.N	R.N
1	Rasa	Madhura	Shweta – Madhura Shyama - Katu	Tikta	Katu Tikta Madhra Kashaya	Tikta Katu
2	Guna	Ruksha	Ruksha	Ruksha	Ruksha	Ruksha
3	Veerya	Ushna	Ushna	Ushna	Ushna	Ushna
4	Vipaka	Katu	Katu	Katu	Katu	Katu
5	Prabhava	Virechana	Virechana	Virechana	Virechana	Virechana

RUTU –TRIVRIT:

Trivrit as *sukhavirechaka* is widely used in various treatment procedures. To maximize the benefits of Trivrit, it should be administered with various ruts, adjuvants to enhance its effectiveness based on the ruts.

Table 5 – Rutu-Trivrit

Rutu	Drugs	Botanical name	Anupana/ Bha- vana	Uses
Varsha	Trivrit	<i>Operculina turpethum</i> Linn	Draksha rasa	Virechana
	Indrayava	<i>Holarrhena antidyserterica</i>		
	Pippali	<i>Piper longum</i> Linn		
	Vishwabheshaja	<i>Zingiber officinale</i> Linn		

	<i>Kshoudra</i>	Honey		
Sharat	<i>Trivrit</i>	<i>Operculina turpethum</i> Linn	Drakshambu	Virechana
	<i>Duralabha</i>	<i>Fagonia cretica</i> Linn.		
	<i>Musta</i>	<i>Cyperus rotundus</i> Linn.		
	<i>Sharkara</i>	Sugar		
	<i>Udeechya</i>	<i>Pavonia odorata</i> Willd.		
	<i>Chandana</i>	<i>Santalum album</i> Linn.		
	<i>Drakshambu</i>	<i>Vitis vinifera</i> Linn		
	<i>Satala</i>	<i>Hibiscus rosa-sinensis</i> Linn.		
	<i>Yastyahwa</i>	<i>Glycyrrhiza glabra</i> Linn		
Hemanta	<i>Trivrit</i>	<i>Operculina turpethum</i> Linn	water	Due to <i>prabala sheetavata</i> in this season, <i>virechana</i> is contraindicated. Yet it can be given in necessary condition
	<i>Chitraka</i>	<i>Plumbago zeylanica</i> Linn		
	<i>Pata</i>	<i>Cyclea peltate</i> Hook		
	<i>Ajaji</i>	<i>Cuminum cyminum</i> Linn		
	<i>Sarala</i>	<i>Pinus roxburghii</i>		
	<i>Vacha</i>	<i>Acorus calamus</i> Linn		
	<i>Swarnaksheeri</i>	<i>Argemone mexicana</i>		
Greeshma	<i>Trivrit</i>	<i>Operculina turpethum</i> Linn	Equal amount of <i>sharkara</i>	Virechana
Sarvarutu Yoga 1	<i>Trivrit</i>	<i>Operculina turpethum</i> Linn	<i>Churna bhavana</i> in <i>Gomutra</i>	Causes <i>virechana</i> and <i>Maladoshahara</i> in the patients who has undergone <i>snehana</i> procedure
	<i>Hapusha</i>	<i>Juniperus communis</i> Linn		
	<i>Satala</i>	<i>Hibiscus rosa sinensis</i> Linn		
	<i>Katurohini</i>	<i>Picrorrhiza kurroa</i> Benth		
	<i>Swarnaksheera</i>	<i>Argemone mexicana</i> Linn		
Sarvarutu yoga 2	<i>Trivrit</i>	<i>Operculina turpethum</i> Linn	<i>Churna</i> mixed with <i>Sarpi</i> , <i>Mamsarasa</i> , and <i>Ushnambu</i>	Causes <i>virechana</i> in the patient who has not even undergone <i>shehana</i> procedure
	<i>Duralabha</i>	<i>Fagonia cretica</i> Linn.		
	<i>Vatsaka</i>	<i>Holarrhena antidiysenterica</i>		
	<i>Hastipippali</i>	<i>Piper chaba</i> Linn		
	<i>Neelini</i>	<i>Indigofera tinctoria</i>		
	<i>Triphala</i>	<i>Emblca officinalis</i> Gaertn <i>Terminalia chebula</i> Retz <i>Terminalia bellerica</i> Gaertn		
	<i>Musta</i>	<i>Cyperus rotundus</i>		
	<i>Katuka</i>	<i>Zingiber officinale</i> Linn		
Sarvarutu Yoga 3	<i>Tryushana</i> 1 karsha	<i>Zingiber officinale</i> Linn <i>Piper longum</i> Linn <i>Piper nigrum</i> Linn	<i>Churna</i> + equal amount of <i>sharkara</i>	Virechana
	<i>Triphala</i> 1 karsha	<i>Emblca officinalis</i> Gaertn <i>Terminalia chebula</i> Retz <i>Terminalia bellerica</i> Gaertn		
	<i>Hingu</i> 1 karsha	<i>Ferula narthex</i> Linn		
	<i>Trivrit</i> 1 pala	<i>Ferula narthex</i> Linn		
	<i>Souvarchala</i> ½ karsha	Salt		
	<i>Amlavetasa</i> ½ pala	<i>Garcinia pedunculata</i> Roxb		
			Given with <i>amlavetasa</i>	

Table 6 – Properties of drugs mentioned in Rutu-Trivrit.

SL. No.	Rutu	Dosha	Drugs Mentioned	Rasa	Guna	Doshakarma
1	Varsha	Vata	Indrayava	Katu	Laghu, Ruksha	Tridoshagna
			Pippali	Katu	Anushna, Snigda	Kaphavatahara
			Vishwabheshaja	Katu	Ushna, Snigda	Kaphavatahara
			Kshoudra	Kashaya, madhura	Ruksha	kaphapittahara
2	Sharat	Pitta	Duralabha	Kashaya, Tikta	Laghu, Ruksha	Pittakaphahara
			Musta	Tikta, Katu	Laghu, Ruksha	Kaphapittahara
			Sharkara	Madhura	Laghu, sheeta	Pittahara
			Udeechya	Madhura	Sheeta, Laghu, Ruksha	Kaphapittahara
			Chandana	Madhura, Tikta	Sheeta, Laghu, Ruksha	Kaphapittahara
			Drakshambu	Madhura	Guru, Sheeta	Kaphapittahara
			Satala	Tikta	Laghu, sheeta	Kaphahara
Yastyahwa	Madhura	Guru, sheeta	Vatapittahara			
3	Hemanta	Vata (shleshmachaya)	Chitraka	Katu	Ruksha, Ushna	Vatakaphahara
			Pata	Katu	Teekshna, Laghu	Vatakaphahara
			Ajaji	Katu	Ruksha	Vatahara
			Sarala	Madhura, Tikta	Snighda, Ushna	Vatakaphahara
			Vacha	Tikta	Ushna	Vatahara
Swarnaksheeri	Tikta	Hima	Pittahara			
4	Greeshma	Pitta	Sharkara	Madhura	Laghu, Sheeta	Pittahara
5	Sarvarutu Yoga 1		Hapusha	Tikta	Guru, Ushna	Kaphahara
			Satala	Tikta	Laghu, sheeta	Kaphahara
			Katurohini	Tikta	Ruksha, Laghu, Sheeta	Kaphapittahara
			Swarnaksheera	Tikta	Laghu, Ruksha	Pittahara
6	Sarvarutu yoga 2		Duralabha	Kashaya, Tikta	Laghu, Ruksha	Pittakaphahara
			Vatsaka	Tikta, Kashaya	Laghu, Ruksha	Pittakaphahara
			Hastipippali	Katu	Teekshna, Laghu	Vatakaphahara
			Neelini	Tikta	Ushna	Vatakaphahara
			Amalaki	All rasa except lavana	Sheeta, Ruksha	Tridoshaghna
			Haritaki	All rasa except lavana	Laghu, Ruksha	Tridoshaghna
			Vibhitaki	Kashaya	Ruksha, Laghu	Kaphapittahara
			Musta	Tikta, Katu	Laghu, Ruksha	Kaphapittahara
Katuka	katu	Ushna, snigda	Kaphavatahara			
7	Sarvarutu yoga 3		Shunti	Katu	Ushna, Snigda	Kaphavatahara
			Maricha	Katu	Ushna, Ruksha	Kaphavatahara
			Pippali	Katu	Anushna, Snigda	Kaphavatahara
			Amalaki	All rasa except lavana	Sheeta, Ruksha	Tridoshaghna

			Haritaki	All rasa except lavana	Sheeta, Ruksha	Tridoshaghna
			Vibhitaki	Kashaya	Ruksha, Laghu	Kaphapittahara
			Hingu	Katu, Tikta	Teekshna, Ushna	Vatakaphahara
			Souvarchala	Lavana	Ruksha, Sara	Kaphapittahara
			Amlavetasa	Amla	Laghu	Kaphavatahara

DISCUSSION

Effect of Trivrit in Varsha - Varsha rutu has predominance of Vata dosha. Most of the drugs mentioned have katu rasa, ushna & ruksha guna and are kaphavatahara in nature. Hence, they said trivrit in eliminating accumulated doshas from the body.

Effect of Trivrit in Sharat – As it is Pitta predominant season, drugs mentioned here are having Tikta and Madhura rasa, Ruksha, Laghu and sheeta guna and kaphapittahara property.

Effect of Trivrit in Hemanta – Virechana is not recommended due to strong wind and cold nature of the season but can be given in certain disease condition. Drugs indicated here have Katu, Tikta rasa, Teekshna & ushna guna and are kaphavatahara.

Effect of Trivrit in Greeshma – In Greeshma rutu, bala of person will be very low. Hence Trivrit is used with equal quality of sharkara, which has Madhura rasa, laghu, sheeta guna and is sadyobalakara. So virechana induced in this rutu will not cause any vyapath.

Effect of Trivrit in Sarvarutu – Combination of drugs mentioned here are vatakaphahara, kaphapittahara, tridoshahara in nature. Therefore, used in all rutus.

Rutu trivrit or Trivrit in these combinations can be effectively used in swasta and atura.

CONCLUSION

It can be concluded from the aforementioned references that Trivrit is a sukhavirechaka, that has been used from the Vedic era till date. Virechana ultimately promotes overall health and wellbeing by facilitating the elimination of excess pitta dosha and accumulated toxins from the body. Trivrit is the preferred drug in this context as per Rutus.

REFERENCES

1. Agnivesha, Charakasamhita, sutrasthana, 25th chapter, shloka 40, edited by Vaidya Yadavji trikamji, Chowkhamba Sanskrit Sansthan, Varanasi, Page no – 232.
2. Agnivesha, Charakasamhita, kalpasthana, 7th chapter, verse 56 - 64, edited by Vaidya Yadavji trikamji, Chowkhamba Sanskrit Sansthan, Varanasi, Page no – 764.
3. U. Gayathri Sameera, A. Vijaya Lakshmi, G. Swarupa Rani, P. Suguna Jyothi. Review of Trivrit (Operculina turpethum Linn.) in Ayurvedic literature. J Ayurveda Integr Med Sci [Internet]. 2023Oct.10 [cited 2024Aug.7];8(8):61 -68. Available from: <https://jaims.in/jaims/article/view/2688>
4. Agnivesha, Charakasamhita, sutrasthana, 4th chapter, edited by Vaidya Yadavji trikamji, Chowkhamba Sanskrit Sansthan, Varanasi, Page no – 61
5. P.V sharma, Sushruta- Samhita, sutrasthana, 38th chapter, chaukhambha visvabharati, Varanasi, Page no – 356
6. Vagbhata, Astanga Hridaya, Shloka 2, collated by Late Dr. Anna Moreshwara Kunte and Krsna Ramachandra Sastri Navare Edited by Bhisagacharya Harishastri Paradakara Vaidya, Chaukhambha Orientalia, Varanasi, Page no -230
7. Dr. Krishnachandra chunekar, Dr. Gangasahay pandeya, Bhavaprakasha Nighantu, Guduchyadi varga, shloka 196, Chaukhamba Bharati academy, Varanasi, Page no – 365
8. Prof. Priya Vrat Sharma, Dr. Guruprasad sharma, Dhanvantari Nighantu, Guduchyadi varga, Shloka 236, Chaukhamba Orientalia, Varanasi, Page no- 59.
9. Gangavishnu shreekrishnadas, Madanapala Nighantu, abhayadi varga, shloka 17, Lakshmi venkateshwara awami press, Page no – 24
10. Acharya Priyavrat sharma, Dr Guruprasad Sharma, Kaiyadeva Nighantu, Oshadhi varga, Shloka 1015- 1019, Chaukhambha Orientalia, Varanasi, Page no – 155

11. Pandit Narahari ,Edited by Dr. Indradeo Tripathi, Raja Nighantu, Pippalyadi varga, Shloka 166, Krishnadas academy , Varanasi, Page no – 169
12. Bapalal G Vaidya, Nighantu Adarsha, Vriddadarvadi varga ,Chaukhambha Bharati Academy , Varanasi, Page No -103

13. Prof Priyavrat Sharma, Priya Nighantu, Pippalyadi varga , Shloka 37, Chaukhambha Surabharathi Publications , Varanasi, Page no - 64

Source of Support: Nil

Conflict of Interest: None Declared

How to cite this URL: Bindiya et al: Charakokta Ritu-Trivrit; A unique concept. International Ayurvedic Medical Journal {online} 2024 {cited September 2024} Available from: http://www.iamj.in/posts/images/upload/1693_1699.pdf