

Use of *Shyama Trivrit* (*Operculinaturpetum*, Linn.) in Various Disorder: An Ayurvedic Literary Review

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Abstract: The ancient Ayurvedic classics stated that when there is accumulation of morbid bio humours in the body they should be expelled out. For this, Ayurveda has given maximum importance to the srotosodhana activity for the clearance of morbid bio humours of the system which causing obstruction in srota (macro and micro channel) followed by mal circulation of nutrients to the organ and tissue of the body. *Shyama - Trivrit* is safe and widely used herbal drugs in Ayurveda, reported best *sukhavirechakdravya* used from ancient era to till date for cleaning of *annavahasrotas* (Gastro Intestinal Tract). The present work deals with the literary information in relation to the pharmacological properties action and their therapeutics effects which has been presented here in a methodical manner for better understanding of readers. Thus the main aim and objectives of this study is to bring enormous information of *Shyama - Trivrit* and to encourage the physicians and scholars for safe and rational use of the same drug in different disorder where *srotosodhana* (cleaning of channel) action is needed.

Keywords: *Shyama - Trivrit*, *Rechana* and *sukhavirechana*

1. Introduction

Trivrit is an important and frequently used herbal drug in Ayurveda. *Acharya Charaka* has dedicated seventh chapter of *kalpasthanas* as “*Shyama - Trivritkalpa*” and described 110 different formulations of *Trivrit* [1]. In *Ayurveda Annavahasrotas* (Gastrointestinal tract) is consider as the largest tract which concern with the activities like ingestion, digestion absorption, assimilation and evacuation. If there is any disorder in activity of GI tract then diseases of alimentary system occur. Due to improper evacuation, accumulation of unwanted gases or metabolic waste have gone through absorbed in the system or body which leads to multiple systemic disorders. *Ayurveda* has given importance to *Abhyavaransakti* (power of ingestion) as well as *Jaranasakti* (power of digestive) which are related to *Agnibala* (gastric and metabolic fire). It has been found that consumption of unhealthy food or performance of injudicious habits like *Atibhojana* (excessive eating), *Abhojana* (fasting), *Viruddhabhojana* (incompatible food), *Adhyasana* (intake of food before digestion of previous meal), *Guru bhojana* (heavy food) or food which are dried, spicy, hard to digest, containing less dietary fiber etc. then total digestive system become altered. As a result, there is formation of *Ama* (metabolic waste) which leads to irregular bowel movement like constipation, passage of loose stool or hard stool may arise. To combat such digestive hazards removal of etiologies or evacuation of bowel is necessary for getting relief from systemic discomfort. In contemporary system of medicine, cathartics like drugs are frequently used which promotes evacuation of bowel whereas laxative are the mild bowel regulator and purgative is the massive purging or cleansing agents for evacuation. *Acharya sarangadhara* has classified the *virechanadravya* into 4 types as per their therapeutic action via *Anulomana*, *Sansrana*, *Bhedana*, and *Rechana*. The best drugs for these 4 categories are *Haritaki*, *Aragavatha*, *Katuki*, and *Trivrit*

respectively [2]. *Sansranaka* is a type of drug which brings down the semi digested and sticky *malas* without causing their digestion. *Anulomaka* like drugs move the *malas* (feces) downward after complete digestion of ingested food and breaking their bindings with *malas* (faces). *Bhedaka* is such a drug which disintegrate the *abadhya* (unformed) or *badhya* (formed) or *pinchita* (dried) fecal mass by facilitating penetration into it and evacuating through lower gut. *Rechaka* is a drug which eliminates *apakva* (undigested) or *pakva* (digested) *malas* by making them watery through the lower gut. Classical texts of *Ayurveda* recommend certain drugs as *Agryadravya* (the best drug of choice) for a particular disease or conditions. In this list, *Trivrit* is consider as best for *sukhavirechana* [3]. In many diseases, where purgative action is a part of treatment, *Trivrit* is being used as a single drug or compound formulations. *Chakradutta* has also supported the view by praising the same drug as excellent *virechaka* [4]. *Ayurveda* has clearly stated that the condition of *kostha* (bowel evacuatory status) are of 3 types. *Vatik* predominant person are *krurakosthi* (constipative), *pitta* predominance person are *mridukosthi* (purging loose faecal matter) and *kapha* predominance are *madhyakosthi* (purging heavy and formed fecal matter). As in old age *vayu* aggravated so naturally persons are becoming constipative and it has been observed that *Trivrit* are much friendly to the old age person because of its *SukhaVirechana* property. In view of this fact, several classical text, *Ayurvedic pharmacopoeial* text or *Nighantus* have been vividly reviewed for this topic to justify the claims of our ancestor regarding *Sukha Virechan kriya* (easy laxative action) of *Trivrit*.

2. Material and Methods

The ancient Ayurvedic treaties of different era like *charakasamita*, *sushruta Samhita*, *Ashtangasangraha*, *Ashtanga Hridaya* have been thoroughly reviewed.

Simultaneously views of commentators like Chakrapanidutta, Dalhana, Arunadattta, Induetc were also referred to clarify the justification. Various available Nighantus and books of Ayurvedic Pharmacopeia used for botanical and pharmacological studies. Different Sangrahas including Bhaishajyaratnavali, sahastrayoga, Bharata Bhaishajya Ratnakar etc were scrutinized for the formulations containing shyama - Trivrit as an ingredient. The collected information was chronologically arranged and presented with their respective pharmacological properties, therapeutic uses,

panchavidhakasaya Kalpana (dosage form) and internal and external mode of administration in a tabular form.

3. Result and Observation

General description⁵

Botanical Name: Operculinaturpethum, Linn.

Family: Convolvulaceae

Synonyms: Shyama, kali, Palindi, Sarala, Suvaha,

Sushenika, Arthacandra

Part used: Twakamula

Dosage: Root powder: 1 - 3 gm

Classical Categorization

Charaka ⁶	Bhedaniya, Asthapanapaga and vishagna Mahakasya
Sushruta ⁷	Shyamadi Gana, Adhobhagahara
Vagbhatta ⁸	Shyamadi Gana
Dhanwantari Nighantu ⁹	Guduchyadi Varga
Madanapala Nighantu ¹⁰	Abhyadi Varga
Raj Nighantu ¹¹	Pippallyadi Varga
Kaideva Nighantu ¹²	Oushadi Varga
Bhava Prakasha Nighantu ¹³	Guducyadi Varga

Table 1: Properties of Trivrit⁶

Pharmacological Properties	CHARAKA ¹	VAGBHATTA ¹⁴	DN ⁹	RN ¹¹	MPN ¹⁰	BN ¹³	KN ¹²
Rasa							
Katu	-	+	+	+	-	-	+
Tikta	-	-	-	+	+	-	+
Madhura	+	+	-	-	+	+	+
Kasaya	+	+	-	-	-	-	+
Guna							
Ruksha	+	+	+	-	+	+	+
Sara	-	-	-	-	+	-	-
usna	-	-	-	-	-	-	-
Virya							
Usna	+	+	+	+	+	+	+
Vipak							
Katu	+	+	+	+	+	+	+
Dosha - karma							
Kapha - pittahara	+	+	+	-	+	Vata nasak	+
Pittahara	+	+	+	-	+		+
vatavardhaka	+	+	+	-	+		+

Table 2: Formulations with dosage form and Indication of Trivrit¹⁵

Sr. No	Formulation	Dosage form	Indication	Mode of administration
1	Aaragwadhadilepa	lepa	Granthi, apachi, arbuda	E
2	Abhayarista	Arista	prameha	I
3	Ajmodadichurna	churna	Prameha	I
4	Arabindasava	Asava	Balaroga	I
5	Brahmi ghrita	Ghrita	Kustha, Unmada	I
6	Khadiradilepa	Lepa	Kushtha	E
7	Nagaradikwath	Kwatha	Gulma	I
8	TrayodosangaGuggulu	Vati	Vatavyadhi	I
9	Trivrutadichurna	Churna	Jwara	I
10	Avipattikarchurna	churna	Amlapitta	I
11	Chandanasava	Asava	Shukradoshaprameha	I
12	Chandraprabhavati	Vati	Prameha	I
13	DantiHaritakiAvaleha	Avaleha	Gulma	I
14	MahamarichyadyaTaila	Taila	kustha	E
15	Pashanbhedadikwath	kwatha	Mutrakrichha	I
16	SaindhavadiTaila	Taila	Bastikalpa	I
17	Sarswatarishta	Arista	Rasayana	I
18	Sudarshanachurna	Churna	Jwara	I
19	Shitari Rasa	Rasakalpa	wara	I
20	Trivrutadivatika	Vati	Udavarta	I

* Abbreviations: I - Internal use, E - External use

Pictures:



4. Discussion

The present literary work is mainly emphasized on the properties, action and therapeutic indications of *Trivrit*. It has been found that *Shyama* and *Aruna* are the varieties of *Trivrit* where the former one is very much potent as a cathartic's agent than the latter one. So, Ayurveda has taken it as an agent for different *srotasodhana* (channel clearing) activities. It has also been revealed that *trivrit* used as a *rechakdravya* in individually as well as in different combination from ancient era to till date. Though there is difference of opinion regarding the *Rasa* (taste) and *gunas* (properties) of *Trivrit* yet the *virya* (potency) and *vipak* have been stated equal. *Trivrit* possess *Madhur* (sweet), *kasaya* (astringent), *katu* (pungent), and *tikta* (bitter) *rasa* which signifies the *rasa* wise action. *Madhur* *rasa* pacifies *vata* and *pitta* *kasaya* *rasa* pacifies *pitta* whereas *katu* & *tiktara* *rasa* both diminish *kapha* and enhances *agni*. The *ruksha*, *usna* and *saragunas* maintain the balance of 2 stage i. e. *agnaya* (hot) and *soma* (cool). It is very much interesting to note here that As *Trivrit* is able to initiate bowel movement by liquifying the hard stool so it's an easy or smooth bowel evacuator. It has the property to break down the sticky nature of stool by penetrating into it. *Vayu* is considered as the key factor for making *krurakostha* (constipation) so definitely *Trivrit* reduces *vayu* by its *agnaya* action through *usnavirya*. The bodily nourishment is very much necessary in a weak person or in a strenuous state of defecation so by its *Madhura* *rasa* it pacifies the *vata* and nourishes the person. *Trivrit* enhances *agni* and become able to cleaning the pathway of *Ama* (undigested chyle). As *Ayurveda* believes that a man is conglomeration of innumerable *srotas* and manifestation of disease occurs due to obstruction of *srotas* so clearing of *srotas* (channel) is mandatory to keep an individual healthy. *Charak* praised *Trivrit* as *sukhavirechana* means it evacuates the faces smoothly which signifies its action as proper evacuator of fecal matter. The therapeutic effect of *Trivrit* found over *Pachanasamsthana* (digestive system) like *Anaha* (constipation), *vibandha* (obstipation), *Arsa* (piles), *bhasmakaroga* (thyrotoxicosis) etc. Simultaneously it shows beneficial effect over *Raktavahasamsthana* (circulatory system) i.e. *sothroga* (Dropsy or Anasarca), *vatarakta* (Gout Arthritis), *pattikarbuda* (inflammatory abscess). It is also effective in *Atisthaulya* (obesity). Over all views regarding its indication emphasized that *Trivrit* is not useful only for bowel movement but also maintaining the homeostasis of body. The claims of our Ancestor definitely proved that *Trivrit* is good remedy towards detoxification of body.

5. Conclusion

From the above discussion it could be concluded that (1) *Trivrit* is the best drug for laxative whereas *Shyama Trivrit* is the better smooth purgative. (2) *Trivrit* containing formulations used in various disorder internally or externally. (3) It could detoxify the body by pacifying the aggravated *doshas* (*vata*, *pitta* and *kapha*) and also helpful in *srotasodhana* (cleansing of channel). (4) It is very much beneficial in *Anaha* (constipation), *Arsha* (piles), *Atisthaulya* (obesity), *sotha* (Anasarca or dropsy) and *Jaladora* (Ascites).

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