

**PREPARATION OF TRIVIKRAM RASA****Amol Thote<sup>\*1</sup>, Pratibha Mapari<sup>2</sup>, Dr. Parikshet Shirode<sup>3</sup> and Dr. Rakesh Salve<sup>4</sup>**<sup>1</sup>PG Student Department of Shalya PIA, Gujarat.<sup>2</sup>PG Student Department of Kayachikitsa PIA, Gujarat.<sup>3</sup>Professor Department of Shalya PIA, Gujarat.<sup>4</sup>Associate Professor Department of Rasashastra PIA, Gujarat.**ABSTRACT**

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*Ayurveda* is a highly evolved and codified system of life and health science based on its own unique and original concept and fundamental principles.<sup>[1]</sup> *Rasashastra* is a branch of *Ayurveda* which deals with the various pharmaceutical processes of *Rasaaushadhis*, which are used therapeutically in practice. *Trivikram Rasa* is one of the important *Rasayoga*, which is mentioned in well-known texts like *Sharangdhar Samhita*, *Yogaratanakar*, *Rasa Chandansu*, *Rasendra Sara Sangraha*, *Rasa Chintamani* etc. *Trivikramrasa* is effective in the treatment of ashmari.<sup>[2]</sup> Its effectiveness is described in many other *Samhitas*, this

formulation has less ingredients which are easily available and even time required for preparation of drug is less which makes this formulation unique. The preparation is predominantly made by *Kharaliyarasayan* method.

**KEYWORDS:** Rasashastra, Mutrashmari, Trivikram rasa.

**INTRODUCTION**

Thereference of *Trivikramrasa* is found in *Samhitas* like *Yoga Ratnakar*, *Rasandrasarasangraha*, *Rasachandansu*, *Dhanvantari Nighantu*, *Rasaratnakar*, *Rasendrachintamani*, *Sarangdharsamhita* and *Yoga Taringani*. There is no such direct evidence of *Parada* in Vedic age. In *Brihatrayi*, there are ample evidences of therapeutic uses of *Parada*, but proper utilization of *Parada* started from 8th century A.D. onwards. In *Rasashastra*, *Gandhaka* stands next to *Parada* in importance. It is also considered as an essential agent for the various process of *Parada* such as *Murcchana* and *Jarana* etc.

The kharaliya or khalviyarasayana stands foremost in comparison with other three parpati, pottali and kupipakwarasayana in turns of its popularity, wide range of therapeutic utility and ease of preparation. Since these formulations are completely prepared and obtained as end products in khalvayantra by the act of trituration, they are called as *khalviyarasayan*. It is believed to impart many desirable properties in *Parada* and reduce its toxic effects. Probably because of this, *Parada* is mostly administered internally in association with *Gandhaka*. In addition to its value of making *Parada* therapeutically useful, it is also used for *Bandhana*. *Tamra Dhatu* comes under the group of *Shuddha Lauha* which is described by most of the texts of *Rasashastra*. *Tamra* is indicated for the removal of diseases, its *bhasma* is indicated for internal use as *Rasayana* and for the treatment of diseases.

## MATERIAL AND METHOD

*Trivikramrasa* was made by the preparation method as described in *Sarangdharsamhita*.<sup>[2]</sup> It is a herbomineral drug having 5 ingredients in its composition. Its ingredients are *Hingulothaparada*, *suddha Gandhak*, *TamraBhasma*, *AjaDugdha* and *bhavana* with *Nirgundiswarasa*. *Parada* was obtained by Hingulotha method, the *shodhana* of *gandhak* was done by *goghruta* & *godugdha* and *tamrabhasma* was procured from a GMP certified pharmacy and all the examination of *tamrabhasma* (e.g. *varitara*, *rekhapurnatwa*) were done. *Nirgundipatra* were collected from college garden. *Swarasa* was made in college pharmacy.

**Table No. 1: Showing the contents of trivikramrasa.**

Sr No	Name of Drug	Quantity
1	<i>Tamrabhasma</i>	1 part
2	<i>HingulothaParad</i>	1part
3	<i>SuddhaGandhaka</i>	1 part
4	<i>Nirgundiswarasa</i>	Bhavana
5	<i>Ajadugdha</i>	8 parts

**Procedure:** *Tamrabhasma* was heated in 8 times of *ajadugdha* initially. When all of milk was evaporated, *parada* and the *gandhak* were added to it and the solid mass was obtained. “Bhavna” with *nirgundipatrasvarasa* was given and the obtained solid portion was transferred to *Valukayantra* and heated for 3 hours. It was allowed to cool by itself. Fine powder of drug was made in *khalvayantra*, The obtained drug was filled in capsules in the dose of 250 mg each.

## OBSERVATION AND RESULTS

Table No. 2: Showing Organoleptic characters of *Trivikram Rasa*.

Sr No	Character	Values
1	Colour	Dark black
2	Taste	Tasteless
3	Odour	Odourless
4	Texture	Smooth

Table No. 3: Showing Physico chemical parameters of *Trivikram Rasa*.

Sr No	Name of Test	Observed value
1	Loss on Drying (at 105 °c )	10 % ww
2	Ash value	38.38 % ww
3	Water soluble extractive	18% ww
4	Achohol soluble Extractive	0.48% ww
5	pH	5% in aqueous solution

**Precautions:** Mainly there are 3 types of mercury in environment (Elemental, Organic & Inorganic) in which the flames of all types of mercury are toxic. So special precaution was taken during the preparation of *Hingulothaparadhaby Damaruyantra*. Proper cap mask was worn. All the gold ornaments are to be removed during the extraction of mercury. The same precautions were taken during *gandhakshodhan*.

## DISCUSSION

*Mutrashmari* is a very common disease which includes a complex physiochemical process that involves a series of events in formation of *ashmari* i.e. stone. Incidence of *mutrashmari* has raised due to changed standard of living and is strongly associated with race, ethnicity and region of residence.<sup>[3]</sup> Due to high intensity of pain in this disease, it is also included in *ashtamahagada* by Acharyas.<sup>[4]</sup> The study was carried out to find physical and chemical properties of *Trivikramrasa*. All the raw materials for the preparation of the drug were collected and authenticated before starting the preparation. The drug was prepared in GMP certified Pharmacy of ParulAyurved College according to the procedure mentioned in *sarangdharsamhita*. Mainly the precaution was taken in *shodhana* of *Hingulothaparada*. Some Acharyas opine to take same part of *Ajadugdha*. However according to *Kashiram (SharangdharTika)*, he opines to take 8 parts of *Ajadugdha* as it is practically difficult to heat *Tamrabhasma* and *Aja-dugdha* in equal quantity. Heating of *tamrabhasma* with *Aja-dugdha* may be said as *amrutikaran* of *Tamrabhasma*. As proper drying of the drug was not obtained in *Valukayantra*, drying was done in Muffle Furnace its temperature was set on 200°C for 5 hours.

## CONCLUSION

As the tamrabhasma has lekhana effect it helps in reduction of stone size (lithotriptic) effect, other ingredients like parada is yogavahi which enhances the effects of tamra, ajadugdha is used in bleeding disorders which helps here in reducing haematuria, and nirgundi has the analgesic effect which helps in reducing the pain, all these peculiar qualities of ingredients makes this formulation unique.

## REFERENCES

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