

A REVIEW OF TRIBHUVAN KIRTI RASA: A HERBO-MINERAL FORMULATION

Sapna Yadav^{1*}, Ajay Kumar Sharma² and Avdhesh Bhatt³

P.G. Scholar¹, Associate Professor², Professor & HOD³

Rasashastra & Bhaishajya Kalpna Dept. M.M.M. Govt. Ayurved College, Udaipur (Raj).

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*Corresponding Author

Dr. Sapna Yadav

P.G. Scholar Rasashastra &
Bhaishajya Kalpna Dept.
M.M.M. Govt. Ayurved
College, Udaipur (Raj).

ABSTRACT

Ayurved is main branch of science, the main aim of *Ayurvedic* medicine is to cure disease from its root cause and maintain healthy lifestyle. *Tribhuvankirti rasa* is used almost by every *Ayurved* physician because of its impactful effects. *Tribhuvankirti Rasa* is used in all type of *jwara* especially *Sannipatik Jwara* and it is also used in *Yakrit* and *Pleeha Vikar* and to improve digestion. There are various drugs in *Ayurveda* which can be helpful in Fever but effectiveness of *Tribhuvankirti Rasa* is nevertheless because *Tribhuvankirti Rasa* is one of the *Rasaoshadhies* which acts rapidly and requires in low dose which is helpful to actual relief of Fever in small period of time. *Tribhuvankirti Rasa* balances *Vata-Pitta-Kapha* and hence it is very

helpful in *Sannipatik Jwara*. This herbomineral product acts on *Ama*, which is the main *vyadhi ghatak* in *Jwara*. The present study aims to compile all the information and literature regarding one of the classical formulations "*Tribhuvankirti Rasa*".

KEYWORDS: *Ayurveda*, *Tribhuvankirti Rasa*, *Jwara*, *Ama*.

INTRODUCTION

In *Ayurveda*, formulations are made up of herbs, minerals and herbo- mineral. These drugs have good results on human body. There are various herbo-mineral formulations mentioned in *Ayurved*, e.g. *Anandbhairav Rasa*, *Arogyavardhini Vati*, *Tribhuvankirti Rasa* etc. The disease which persists at the time of birth and at the time of death is *jwara* (hyper pyrexia), in *Ayurveda*- *jwara* is given top most importance because it is believed that *jwara* is the first disease to trouble mankind and it becomes the basic for other diseases to exist.^[1] *Jwara* occurs as symptom as well as disease. Usually in most of the diseases, it occurs as a primary

symptom. As per ayurveda *Jwara* is a vyadhi of *Rasavaha strotas*, in which *Ama* is a major vyadhighatak alongwith other vyadhighatak. There are so many types of *jwara* are described in ancient reference books of ayurveda.

Tribhuvankirti Rasa, an Ayurvedic herbomineral formulation is indicated in the management of *Jwara* especially in *Sannipatik Jwara*. In all kind of *Jwara pitta* dushti is common & treatment starts with aim to restore *pitta dosh* towards its balanced condition. But in *Sannipatik Jwara pitta* becomes dushta along with *Vata & Kapha*. Hence to achieving health, restoration of all the three Doshaj should be done at the same time. *Tribhuvankirti Rasa* balances *Vata-Pitta-Kapha* at the same time and hence it is very helpful in *Sannipatik Jwara*. Present review aimed to critically analyze the formulation of *Tribhuvankirti Rasa* and mechanism of action of the drug. Literary resources have been used in this study. All the related information available in text and internet have been collected and analyzed for making the decisive discussion.

4 verities of *Tribhuvana kirti Rasa* are mentioned in Ayurvedic classics, among which the most familiar one which is described in *yogaratanakara* has been taken for review in this article.

MATERIAL AND METHOD^[2]

Table no. 1: Ingredients of *tribhuvan kirti rasa*.

| S. NO. | Ingredients | Latin Name | Part used | Ratio |
|--------|-----------------------------------|---------------------|----------------|-------------|
| 1 | <i>Shuddha Hingula</i> | Cinnabar | - | 1 part |
| 2 | <i>ShuddhaVisha (Vatsanabh)</i> | Aconitum ferox | Purified Tuber | 1 part |
| 3 | <i>Shunti</i> | Zinziber officinale | Dry Rhizome | 1 part |
| 4 | <i>Maricha</i> | Piper nigrum | Fruit | 1 part |
| 5 | <i>Pippali</i> | Piper longum | Fruit | 1 part |
| 6 | <i>Shodhit Tankana</i> | Borex | - | 1 part |
| 7 | <i>Magadhi Shifa (Pipalamool)</i> | Piper longum | Root | 1 part |
| | <i>Bhavna Dravya</i> | | | |
| 1 | <i>Tulsi swarasa</i> | Ocimum sanctum | Leaf Extract | As Required |
| 2 | <i>Ardraka swarasa</i> | Zinziber officinale | Fresh Rhizome | As Required |
| 3 | <i>Hema swarasa</i> | Datura metel | Leaf Extract | As Required |

Method of preparation

हिंगुल च विषं व्योषं टङ्कणं मागधीशिफा ।

संचूर्ण्य भावयेदत्रेधा सुरसार्द्रक हेमभिः ॥

रसस्त्रिभुवनकीर्तिः सगुञ्जैकार्द्ररसेन वै ।

विनाशयेज्वारन्सर्वान् सन्निपातात्रयोदश ॥ (यो. र. ज्वर प्रकरण)

At first *shodita hingula* is taken in a clean *khalwa yantra* and powdered properly, later add *vatsanabha* and do mardana/dry grinding till it turns into a homogenous mixture, further added *trikatu* and continued *mardana*, added *Shuddha tankana* in later stages and finally added *Magadhi shifa* and continued mardana till homogenous mixture is attained. There after first added *tulasi Patra swarasa* in sufficient quantity, such that the above mixture gets completely immersed in *tulasi Patra swarasa* and given bhavana(wet grinding) till it dries completely. Continued such *bhavana* for couple of days, total three *tulasi Patra swarasa bhavana* had been given. When bhavana with *tulasi Patra swarasa* is completed and the product is completely dried, *ardraka swarasa* was added and given three *bhavanas*, finally *dhattura Patra swarasa* added for another three *bhavanas*.

Precaution- once the *bhavana dravya* is added, bhavana is carried out till it dries completely. There after one *gunja* sized (125 mg) vati of *Tribhuvan Kirti Rasa* were prepared and dried.

Organoleptic characteristics of final dose form of *Tribhuvan kirti Rasa* –

Colour- Brown

Smell- Faint

Touch- Fine

Taste- Acrid

Indication

Tribhuvan Kirti Rasa is useful in *Vataj*, *Pittaj*, *Kaphaj*, *Sannipataj* and *dwandwaj jwaras*. It is also useful in spleen and liver disorder. It also improves digestion power.

Contraindication

- As it is a herbo-mineral drug, it should be taken from reliable source.
- Do not consume overdose because it may cause severe poisonous effect, since it contains *Vatsanabh* as ingredient.
- It should be avoided in pregnancy and lactation, since it contains Aconite as ingredient.
- If consume in overdose it may cause bradycardia.

Dose and Anupan

Matra/ Dose - one gunja (125 mg).

Anupan – Ardraka swarasa. (It should be given with Ardraka Swarasa)

DISCUSSION

According to Bharat Bhaishajya Ratnakar and Yoga Ratnakar, *Tribhuvankirti Rasa* is prepared with ingredients mentioned above; all the ingredients are taken in equal quantity.

Shuddha Hingul is having *Tikta, Kashaya, Katu Rasa, Ushna Veerya, Tridosahara, Deepan, Vrishya* hence it used in *Jwara, Kamala, Pleeha Roga, kushta, Amavata*.^[3]

Shuddha Vatsanabh is having *Madhur Rasa, Ushna Veerya, Katu Vipaka, Laghu- ruksha-teekshna-vyavayi-vikasi Guna, Vatakaphahara* hence it is used in *Jwara, Madhumeha, Shwasa, Kasa, pleehodar, Agnimandhya, Vata Roga*. *Vatsanabh* is the best drug to reduce pyrexia by inducing sweat so its role is very important in this formulation. It has *Vyavayi* and *Vikasi guna* hence it increase the absorption and easy transportation of the *Aushadhi* into cell membrane.^[4]

The herb *Shunthi* is having *Katu Rasa, Ushna Veerya, Madhur Vipaka, Laghu Teekshna guna* hence given as *Deepan, Pachan, Vatanuloman, Shoolprashamana*. *Shunthi* is said to be *Amapachani* means it acts against *Ama*. *Shunthi* is also called *Vishwabheshajya*.^[5]

The herb *Maricha* is having *Katu Rasa, Ushna Veerya, Katu Vipaka, Laghu-Teekshna guna* hence given in *Agnimandhya, Ajirna, shoola, Jwara*. Due to having *Katu Rasa* and *Teekshna guna* it is *kaphahara* and given in *pratishyaya, Kasa, Shwasa*. *Maricha* is said to be *Pramathi* means it helps to clear obstruction at microcellular level.^[6]

Pippali is having *Katu Rasa, Madhur Vipaka, Anushnasheeta veerya, Laghu-Snigdha-Teekshna guna* hence given in *Kasa, Shwasa, Hikka*. *Pippali* is said to be *Deepan* and *Pachan* means it helps to digest *Ama* and regulates the *amadoshajya lakshanas*.^[7]

The formulations containing *Vatsanabh* always contain *Tankan* because *Tankan* acts in minimizing the toxic effects of *Vatsanabh*. *Tankan* also requires *shodhan*. *Shuddha Tankan* has the properties like *Teekshna, Laghu Ruksha guna, Katu Rasa, Katu Vipaka, Ushna Veerya, Kaphavataashamaka*. It acts as *Kaphavishleshaka, Hridhya, Kasa shwasahara, Sarva vishanashaka, Agnideepaka*. Chemically it is Borax.^[8]

Magadhi shifa (pippali moola) is having *Katu Rasa, Ushna Veerya, Madhur Vipaka, Laghu snigdha teekshna guna* hence given in *Udara Pleea Roga, Jwara, Shwasa, Kshya, Gulma, Amavata*. It acts as *Vata Shleshmahara, Deepana, Vrishya, Rasayana*.^[9]

Bhavana dravyas

First bhavna dravya of *Tribhuvan kirti Rasa* is *Tulsi Patra Swarasa*. The herb *Tulsi* is having *Katu Tikta Rasa, Katu vipaka, Ushna Veerya* and *Laghu Ruksha Guna* hence given in *Kasa-Shwasa, parinama shoola, Vata* and *Kapha Vikar*. *Tulsi* is very useful in *Vata-shleshmika Jwara*.^[10]

Second *bhavna dravya* of *Tribhuvan kirti Rasa* is *Ardraka Swarasa*. *Ardraka* has the properties like *Katu Rasa, Rooksha Guna, Ushana Virya, Vatakaphahara Doshaghanata*, these properties subside or reduced to vitiated *Kapha Dosha*, Due to *Deepana Pachana* it removes the *Aamadosh*.^[11]

Third *bhavna dravya* of *Tribhuvan kirti Rasa* is *Dhattura Patra Swarasa*. *Dhattura* has the properties like *Tikta Katu Rasa, Ushna veerya, Katu Vipaka Laghu Ruksha Vyavayi* and *Vikasi guna*. Due to these properties it is *Kapha Vata shamaka*. By its *prabhav* it is *Madkari* also.^[12]

So by this we can infer that *Tribhuvan kirti Rasa* in the process of digestion it subsides all the three *doshaja* which are responsible for *Jwara*, especially in *amashaya* which is the *udbhava sthana* of *Jwara* and by this we can infer that *Tribhuvan Kirti Rasa* is *Tridosahara* and can be used in *Tridoshaja Jwara*.

By all these aspects we can infer that *Tribhuvan kirti Rasa* is best drug to conquer the disease *Jwara*.

CONCLUSION

Tribhuvan kirti Rasa is a herbo-mineral preparation which is frequently utilized in *Ayurveda* an India System of Medicine (ISM) is a drug of choice in *Jwara, Shwasa, Kasa* and Acute abdominal pain. Because of all these reasons even now *Tribhuvan kirti Rasa* stands first in the management of *Jwara* for an ayurvedic physician.

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