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A REVIEW ARTICLE ON TRIPTIGHNA MAHAKASHAYA

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ABSTRACT

Acharya Charak has classified *aushadh dravya* in a very unique way in *Charak Samhita*. In the fourth chapter of *sutrasthana*, namely, *Shad Virechanshatashritiya*, *Acharya charak* has grouped 10 drugs which performs similar *karma* under specific names which were based on their *karma*, like *Jeevniya Mahakashaya*, *Brumhaniya Mahakashaya* and so on. *Triptighna mahakashaya* is one among them. The 10 drugs of *Triptighna Mahakashaya* includes- *Shunthi, Chavya, Vidanga, Murva, Guduchi, Vacha, Musta, Pippali, Chitrak, Patola.* In Ayurveda, *Tripti* is taken as a disease. Meaning of the word *Tripti* is pseudo satiation or early satiation. This group of *Mahakashaya* includes a group of 10 drugs which removes satiety from the body. *Acharya charak* quotes that *tripti* is a *kapahaj nanatmaj vikara*. The understanding of the mode of action of the drugs of *Triptighna Mahakashya* is very important in order to incorporate in clinical practice. Therefore, in this article, an attempt has been made to critically analyse the *dravyas* of *Triptighna Mahakashaya*.

KEYWORDS:- Triptighhna, Mahakashaya, Tripti, Satiety.

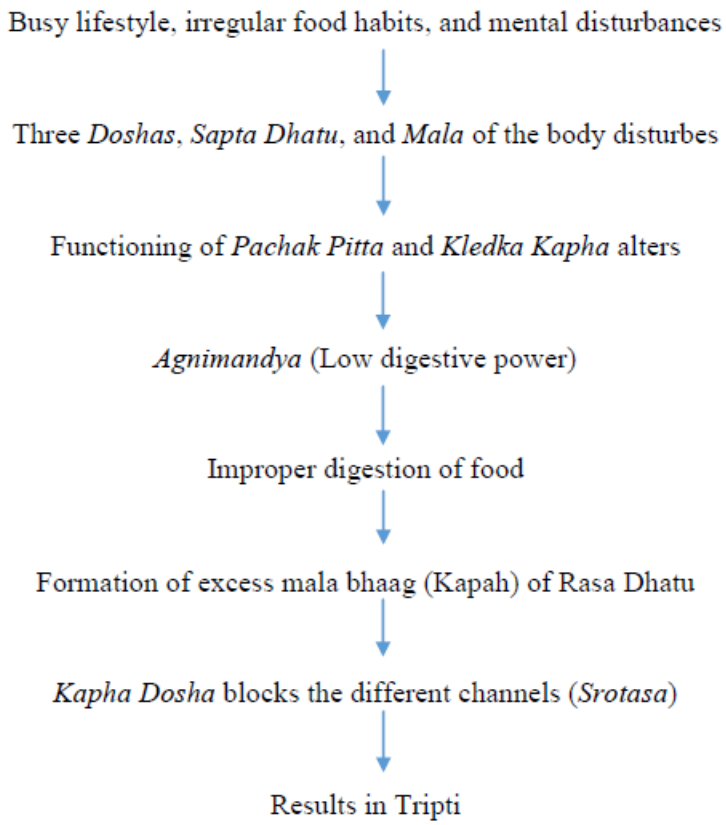
INTRODUCTION

Triptighna Mahakashaya, is a group of ten drugs which removes satiety from the body. They are mentioned in *Charak Samhita Sutra Sthana* chapter fourth "*Shad Virechanshatashritiya*" in which *Acharya Charak* has explained about 50 *Mahakashaya*, each *Mahakashaya* is a group of 10 drugs and each *Mahakashaya* has a specific therapeutic action on the body. The 10 drugs of *Triptighna Mahakashaya* includes- *Shunthi, Chavya, Vidanga, Murva, Guduchi, Vacha, Musta, Pippali, Chitrak, Patola.*[1] *Tripti* is a Sanskrit word which means, "Satisfaction" or "Contentment".[2] Shabdakalpdruma defines *Tripti* as

"भक्षणादिनाकांक्षानिवृति:", which means withdrawl from desire of eating food.[3] The word *TRIPTI* is always correlated with the positive ideology of satisfaction, but in Ayurveda, *Acharya Charak* mentioned *TRIPTI* as a *Kaphaja Nanatmaja Vikara* which means diseases manifested by only *Kapha Dosha* in the body.[4] Here *Tripti* is referred as 'pseudo satiation' or 'early satiation', what an individual often feels due to the *Kapha Dosha* predominance in the abdomen~ *Amashaya* because of altered digestive power or *Agnimandya*. *Kapha dosha* has properties like *Guru, Snigdha and Sheeta*. *Kapha Dosha* predominance in the abdomen means these properties of *Kapha Dosha* increases in the abdomen which creates a feeling of tightness and fullness in the abdomen, which is called *Tripti*. In this condition, the individual does not feel to have anything or the individual gets reluctance to eat anything. *Chakradutta* also refers *Tripti* as a disease of *Kapha Dosha* and the drugs which removes or destroys *Tripti* are referred as *Triptighna Dravya*. According to *Yogindranath Sen, Tripti* means *Arochak*. Hence *Triptighna dravyas* are also called *Arochak har Dravyas*.[5]

Acharya Charak has mentioned *Kapha* as the *Mala* (metabolic waste) of *Rasa Dhatu*. In today's era, people have busy lifestyles which disturb their food habits and mental conditions. Due to the busy lifestyle, irregular food habits, and mental disturbances, the three *Doshas, Sapta Dhatu,* and *Mala* of the body become disturbed. This alters the functioning of *Pachak Pitta* and *Kledka Kapha* and results in *Agnimandya* (low digestive power). *Agnimandya* causes improper digestion of food and results into the formation of *Aam*. As *Rasa Dhatu* is the first *Dhatu* formed from the digested food. Because of the *Agnimandya* excess of *Mala Bhag* (metabolic waste) will be formed than the *Saar Bhag* (essential nutrients) of *Rasa Dhatu*. And the *Mala* of *Rasa Dhatu* is *Kapha*. The qualities of *Rasa Dhatu* resemble *Kapha Dosha,* hence disordered *Rasa Dhatu* causes an increase in the *Guna* i.e. the qualities of *Kapha Dosha,* such as *Snigdha, Guru, Sheeta,* and *Pichchhil*. This *Kapha Dosha* blocks the different channels (*Srotasa*), specially the first *Rasavaha Srotasa,* and causes disease condition like *Tripti*. The repetitive happening of this condition or ignoring this condition produces a variety of *Rasa Dhatu Dushti Janya Vyadhi.*

Tripti as a *Vyadhi* or as a symptom is commonly seen in patients who suffer from *Rasavaha Srotas Dushti* due to the similarity of *Kapha Dosha*.



MATERIALS AND METHODS

Review work and all literary references related to drugs of *Truptighna Mahakashaya* has been collected from-

- Ayurveda classical texts
- Research articles
- Ayurvedic pharmacopoeia of India

Table 1: Showing properties of drugs of triptighna mahakashaya.

Dravya name	Botanical name and Family	Ras	Guna	Virya	Vipaka	Pryojyanga	Doshakarma
1. Shuthi	Zingiber officinalis (Zingiberaceae)	Katu	Laghu, Snigdha	Ushna	Madhura	Kanda	Vata-Kapahara
2. Chavya	Piper chaba (Piperaceae)	Katu	Laghu, Ruksha	Ushna	Katu	Moola	Vata-Kaphahara
3. Vidanga	Embelia ribes (Myrsinaceae)	Katu, Kashaya	Laghu, Ruksha, Tikshna	Ushna	Katu	Phala, Moola	Prabhava-Krimighna Kapha-Vatahara
4. Murva	Marsdenia tenacissima (Asclepiadaceae)	Madhura, Tikta	Guru, Sara	Ushna	Madhura	Moola	Tridoshahara

5. Guduchi	Tinospora cordifolia (Menispermeaceae)	Tikta, katu, Kashaya	Laghu, Snigdha	Ushna	Madhura	Kanda, Parna	Tridoshanashak
6. Vacha	Acorus calamus (Araceae)	Katu, Tikta	Laghu, Tikshna	Ushna	Katu	Moola	Prabhva-Medhya Vata-Kaphahara
7. Musta	Cyperus rotundus (Cyperaceae)	Katu, Tikta, Kashaya	Laghu, Ruksha	Sheeta	Katu	Moola	Kapha-Pittahara
8. Pippali	Piper longum (Piperaceae)	Katu	Laghu, Tikshna	Sheeta	Madhura	Moola, Phala	Vata-Kapahahara
9.Chitrak	Plumbago zeylanica (Plumbaginaceae)	Katu, Tikta	Laghu, Ruksha, Tikshna	Ushna	Katu	Moola, Patra	Vata-kaphahara
10. Patola	Tricosanthus diocia (Cucurbitaceae)	Katu, Tikta	Laghu, Ruksha	Ushna	Katu	Panchanga, Phala, Patra	Tridoshahara

Review of literature

1. Sunthi

Botanical name- Zingiber officinale

Family - Zingiberaceae

Zingiber officinale Rosc. derived its name from *Shringaber* (Zingiber) and sold in shops or used as medicine (officinale).

Rhizome is the useful part of the plant. It is one of the drugs of Trikatu.

Its taste is pungent, easy to digest, *Snigdha* (Contains aromatic oils or promotes oily secretions in the body), heat generating, sweet in post digestive effect and relieves *Kapha*, *Vata* and constipation. It is an aphrodiasiac, improves voice and cures vomiting, dyspnea, spasmodic pain, cough, gastric and heart diseases. It can pacify filariasis, edema, haemorrhoids, upper abdominal distension and flatus. It has got fire like qualities and can enhance the water absorption from intestines there by solidifies the faecal matter and known as *Grahi* (absorbent).[6]

Chemical constituents

- The rhizome contains an essential oil containing monoterpenes, mainly geranial and neral; and sesquiterpenes, mainly beta-sesquiphellandrene, beta-bisabolene, ar-curcumene and alpha-zingiberene; pungent principles, consisting of gingerols, shogaols and related phenolic ketone derivatives.

  Therapeutic action -

- Antiemetic, Antiflatulent, Hypocholesterolaemic, Anti- inflammatory, Anti- spasmodic, Expectorant, circulatory stimulant, Diaphoretic, increases bioavailability of prescription drugs.
- It is used in irritable bowel and diarrhea.
- Gingerol and shagaol have been shown to suppress gastric contractions. Both fresh and dried rhizomes suppress gastric secretion and reduce vomiting.
- Gingerol and shogaol have gained importance due to their sedative, anti-inflammatory, antipyretic, analgesic, hypotensive and hepatoprotective activities.[7]
- The Ayurvedic Pharmacopoeia of India recommends dried rhizomes in dyspepsia, loss of appetite, tympanitis, anaemia, rheumatism, cough and dyspnoea; fresh rhizomes in constipation, colic, edema and throat infection.[8]

2. Chavya

Botanical name- Piper retrofractum

Family - Piperaceae

It is a climbing glabrous creeper with bright red fruiting spikes. When dried, they become yellowish white. Leaves 15-18cm long, 6cm wide, lanceolate/ovate. Upper surface shines on reflecting sun light. Flowers – red corolla in corymbs. Fruits- very small 2-3mm diameter with fine fragrance and pungency. [9]

Chemical constituents

- It contains the alkaloids, Piperine and Piplartine.
- Beta-sitosterol, glycosides, glucose and fructose and mucilage have also been reported.
- It is similar in composition to black pepper, it contains less piperine and volatile oil (piperine 4.5 and volatile oil 1.5%).

Therapeutic actions

- Its action is similar to piper longum and piper nigrum.
- Fruits are stimulant, carminative, used in haemorrhoidal affections.
- Roots are chewed or brewed in decoction for colic, dyspepsia and gastralgia.[10]
- Ayurvedic pharmacopoeia of India recommends it in diseases of the spleen, chlorosis, diseases of abdomen, colic and worm infestations.[11]

3. Chitraka

Botanical name- Plumbago zeylanica

Family- Plumbaginaceae

Chitraka is one of the main ingredients of *Trimada, Panchkola and Shadushna*.

Chitraka is pungent in taste and post digestive effect. It is appetizer, digestive and easy to digest. It is drying, heat generating, useful in curing *Grahani* (Malabsorption or dysentery), skin diseases, edema, haemorrhoids, intestinal worms and cough. It reduces *Vata* and *Kapha*.[12]

Chemical constituents

- The root yielded naphthoquinone derivatives, plumbagin being the most important active principle.

Therapeutic actions

- Root are used as intestinal flora normalizer and stimulates digestive processes.
- The root extract, after processing for plumbagin enhancement, has been used in a number of drug formulations for liver ailments.
- Experimentally, plumbagin prevented the accumulation of triglycerides in liver and aorta and regressed atheromatous plaques and abdominal aorta.
- In Siddha medicine, in Tamil Nadu, the plant is an ingredient in a number of drug formulations, for treating cancers of the uterus, breast, lungs and oral cavity, in addition to haemorrhoids.[13]
- The Ayurvedic Pharmacopoeia of India recommends *Chitrak Moola* in Sprue, malabsorption syndrome, piles and inflammatory diseases on ano-rectum.[14]

4. Vidanga

Botanical name- Embelia ribes

Family- Myrsinaceae

It is pungent, penetrating, heat generating, drying, appetizer and is light to digest. It cures spasm, distension, abdominal diseases, *Kapha* diseases, worm infestations, *Vata* diseases and constipation.[15]

Chemical constituents

- Berries gave quinones-embelin, rapanone, homoembelin, homorapnone and vilangin.

Therapeutic actions

- Ascaricidal, Anthelmintic, Carminative, Diuretic, Astringent, anti-inflammatory, antibacterial, Febrifuge.
- The plant is also used for its blood purifying properties.
- It is an ingredient in cough syrups, preparations for anaemia, genitourinary tract infections, diarrhoea and diseases of the liver.
- Aqueous and EtOH extract of the fruit- anthelmintic against earthworms.
- Fruit powder (200mg/kg), taken with curd on empty stomach, expelled tapeworm within 6-24 hr.
- The treatment was also found effective in giardiasis.[16]

5. Murva

Botanical name- Marsdenia tenacissima

Family- Asclepiadaceae

Mürva is laxative, heavy, sweet and bitter in taste, controls haemorrhages and urinary tract diseases. It alleviates all the three *Doshas*, thirst, cardiac problems, itching sensation, skin diseases and fever.[17]

Chemical constituents

- Roots and seeds are rich in pregnane glycosides of 2-deoxysugars, which on hydrolysis gave genins and sugars.
- Stem yielded tenacissosides A and E.

Therapeutic actions

- Ethanolic extract (70%) of roots showed mild CNS-depressant effect in mice, antihelminthic activity against earthworms, and antispasmodic activity against spasm induced in isolated guinea pig ileum by histamine and acetylcholine.[18]
- Ayurvedic pharmacopoeia of India recommends the bark in lipid disorders, also in polyuria and haemorrhagic diseases.[19]

6. Guduchi

Botanical name- Tinospora cordifolia

Family- Menispermaceae

Guduchi is pungent, bitter and astringent in taste, sweet in post digestive effect, tissue vitalizer, absorbent, hot in potency, light in action, strength giving and appetizer. It alleviates all the three *Doshas* and *Ama* (Indigested food, Retained n the intestines). It also cures twenty types of urinary diseases, dyspnoea, cough, haemorrhoids, difficulty in micturition, cardiac problems and *Vata* diseases.[20]

Chemical constituents

- The stem contains alkaloid constituents, including berberine; bitter principles, including columbin, chasmanthin palmarin and tinosporon, tinosporic acid and tinosporol.
- The drug is reported to possess one-fifth of the analgesic effect of sodium salicylate.
- Its aqueous extract has a high phagocytic index.
- A new hypoglycemic agent was isolated from the plant, it was found to be 1,2-substituted pyrrolidine.

Therapeutic actions

- Antipyretic, anti-inflammatory, antirheumatic, spasmolytic, hypoglycemic, hepatoprotective.
- The ayurvedic pharmacopoeia of India, recommends the dried stems in jaundice, anaemia, polyuria and skin diseases.
- Alcoholic extract of the stem shows activity against E.Coli.
- Active principles were found to inhibt the in vitro growth of mycobacterium tuberculosis.
- Oral administration of alcoholic extract of the root resulted in a significant reduction in blood and urine glucose and in lipids in serum and tissues of alloxan diabetic rats.[21]

7. Vacha

Botanical name- Acorus calamus

Family- Araceae

It has got sharp, penetrating fragrance. It is heat generating, emetic, appetizer and relieves constipation, abdominal distension and spasm. It is a laxative and a mild diuretic. It brings relief from epilepsy, *Kapha* diseases, worm infestations and *Vata* diseases.[22]

Chemical constituent

- Calamus oil contains asarone upto 82% and its beta-isomer.

Therapeutic actions

- The ethanolic extract of rhizomes show significant antisecretory and anti-ulcerogenic activity.
- Also show protective effect against cytodestructive agents, experimentally.[23]

8. Musta

Botanical name- Cyperus Rotundus

Family- Cyperaceae

It is pungent, bitter and astringent in taste, cold in potency, absorbent, appetizer and digestant. It removes *Kapha, Pitta* and *Rakta* diseases, thirst, fever, distaste and worm infestation.[24]

Chemical constituents

- The essential oil (0.5-0.9%) from the tubers contains mainly sesquiterpenes.

Therapeutic actions

- Carminative, astringent, anti-inflammatory, anti-rheumatic, hepatoprotective, diuretic, antipyretic, analgesic, hypotensive, emmenagogue.
- Used for intestinal problems, indigestion, sprue, diarrhoea, dysentery, vomiting and fever.
- Also used as a hypochlesterolaemic drug and in obesity.
- Along with other therapeutic applications, the ayurvedic pharmacopoeia of india indicated the use of the rhizome in rheumatism, inflammations, dysuria and obesity.
- The alcoholic and aqueous extracts of the tubers possess lipolytic action and reduce obesity by releasing enhanced concentrations of biogenic amines from nerve terminals of the brain which suppress the appetite centre.
- Presence of eudalne group of sesquiterpenic compounds of sesquiterpene alcohol, isocyperol is said to play an important role in lipid metabolism.[25]

9. Pippali

Botanical name- Piper longum

Family- Piperaceae

It is appetizer, aphrodisiac, sweet after Digestion and Vitalizer. It is pungent in taste, promotes oily secretions, reduces *Väta* and *Kapha* and easy to digest. It is a mild laxative and cures dyspnoea, cough, abdominal diseases, fever, skin diseases, urinary diseases, intestinal

growths, heamorrhoids splenic enlargement, spasmic pains, indigestion and excess of flatus or cures, *Amavata* (rheumatoid arthritis).[26]

Chemical constituents

- Several aristolactams and dioxoaporphines have been isolated from Indian long pepper.
- It also contains the long chain isobutyl amide, longamide, besides guineensine and the lignans, pluviatilol, methyl pluviatilol, sesamin and asarinine.
- Piperine is the major alkaloid of peppers.

Therapeutic actions

- Fruits are used for diseases of respiratory tract (Cough, bronchitis, asthma).

-As cholagogue (In obstruction of bile duct and bladder)

-As digestive, Appetizer and Carminative (In indigestion)

-As general tonic and haematinic (In anaemia, chronic fevers).

- N-isobutyle-deca-trans-2-trans-4-dienamide, isolated from the fruit, exhibited antitubercular property.
- In China, piper longum oil constituents were reported to inhibit the increase in serum total cholesterol induced by triton in mice.
- The root powder exhibited antifertility activity.[27]

10. Patola

Botanical name- Trichosanthes dioica

Family- Cucurbitaceae

Patola is digestant, cordial, aphrodisiac, light to digest, appetizer, demulcent, hot in potency and cures cough, diseases of *Rakta*, and *Tridosha* and intestinal worms. Its root causes purgation without causing inconvenience. Its stem reduces *Kapha dosha*, leaf reduces Pitta and fruit pacifies all the three *doshas.*[28]

Chemical constituents

- The fruits contain free amino acids, nicotinic acid, riboflavin, vitamin c, thiamine, 5-hydroxytriptamine.
- Mature plant and root gave cucurbita-5, 24-dienol. Colocynthin, trichosanthin, hentriaconate have been isolated from the root.
- Fatty acids from the seeds comprise elaeostearic, linoleic, oleic and saturated acids.

Therapeutic actions

- Aerial parts- Hypoglycaemic
- Leaves are febrifuge; prescribed as a diet in enlargement of liver and spleen; piles and fistula.
- Root are cathartic and febrifuge.
- Whole fruit and pulp is hypocholesterolaemic, hypotriglyceridaemic and has hyper-phospholipidaemic effects.[29]

DISCUSSION

According to *Ayurvedic* concept, the drugs of *Triptighna Mahakashaya* are predominantly of *Katu Rasa*, *Katu Vipaka* and *Ushna Virya*. All the drugs of *Triptighna Mahakashya* are predominantly *Kapha Vata Shamak* and acts as *Deepan, Pachana, Rochan, Shulaprashman, Chardinigrahan* and *Anuloman*. All these properties are opposite to the properties of *Kapha Dosha* properties. In the *Kapha Dosha Nanatmaj Vikara*, all these properties and *Karmas* (actions) are necessary for preventive and curative measures. From the modern medical point of view, early satiety is correlated with the symptoms like nausea, vomiting, heaviness and pain in the abdomen, and improper digestion of food.[30] Aetiological factors are obstruction, tumor, cancer cell growth, anxiety, depression, infection and inflammation of the abdominal organ, gastritis etc. The drugs in the *Triptighna Mahakashay*a contain many contents like alkaloids, glycosides, steroids, and amino acids which act as Digestive, Carminative, Anti-inflammatory, Anti-cancer, Antianxiety, Anti-depressant, Anti-ulcer, etc that reduce the various complications and related disorders by improving quality of gut health and make the person healthy.

CONCLUSION

The drugs of *Triptighna Mahakahsya* enhances the digestive power thereby improves the quality of gut health and digestion. All these drugs are very important for the proper functioning of the body because good quality of digestive power will result in good quality of *Sapta Dhatu* formation and will balance all the three *Doshas* and *Mala* of the body. The common feature of this group of drugs is that it performs *Deepan* and *Pachan Karma* in the body by enhancing the digestive power and thereby removes Aam from the body.

As it is known that the drugs of *Triptighna Mahakashaya* are not evaluated clinically till this date. Thus the large-scale studies on the clinical efficacy of *Triptighna Mahakashya* are much needed.

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