

COMPARATIVE REVIEW OF TRIVRIT MODAKA AND VYOSHADI GUTIKA IN THE MANAGEMENT OF TAMAKA SHWASA**Dr. Nidhi Goswami^{*1}, Dr. Shrimant G. Chavan², Dr. Kritika Verma³**

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ABSTRACT

Tamaka Shwasa is one of the important respiratory disorders described in Ayurveda. It is mainly associated with the vitiation of Vata and Kapha Dosha and manifests through the Pranavaha Srotas. According to the Ayurvedic description, its origin is related to Pittasthana, and Virechana is considered an important Shodhana therapy when Pitta or Pitta associated with Kapha or Vata is involved. In the present review, two Virechana formulations, Trivrit Modaka^[1] and Vyoshadi Gutika^[2], have been discussed with particular emphasis on their composition, Ayurvedic properties and reported pharmacological activities. Trivrit Modaka contains Pippali, Amalaki, Vibhitaki, Haritaki, Yava Kshara, Vidanga and Trivrit, while Vyoshadi Gutika contains Shunthi, Pippali, Maricha, Musta, Amalaki, Haritaki, Twak, Patra, Ela, Danti, Vidanga and Trivrit. The ingredients of both formulations possess properties such as Deepana, Pachana, Bhedana and Rechana, along with Kapha-Vata

Shamaka and Shwasahara actions. Several ingredients have also been reported to possess bronchodilator, expectorant, anti-inflammatory, antioxidant and digestive activities. These properties are relevant to the Ayurvedic understanding of Tamaka Shwasa, particularly in relation to Kapha-Vata involvement, impaired Agni and obstruction in the Pranavaha Srotas.

The present review attempts to understand the role of these formulations through the Ayurvedic principle of Samprapti Vighatana and to correlate their traditional properties with the reported pharmacological actions of their individual ingredients.

KEYWORDS: Tamaka Shwasa, Virechana, Trivrit Modaka, Vyoshadi Gutika, Pranavaha Srotas, Ayurveda.

INTRODUCTION

Tamaka Shwasa is an important respiratory disorder described in the Ayurvedic classics. The disease is predominantly associated with Vata and Kapha Dosha and is manifested through the Pranavaha Srotas. In the Ayurvedic description considered in the present study, Tamaka Shwasa is said to originate from Pittasthana. When Vata, associated with Kapha, becomes obstructed in the Pranavaha Srotas and subsequently gets aggravated, the manifestation of Shwasa occurs. Thus, both Dosha involvement and obstruction of the respiratory channels have an important place in understanding the disease.

Ayurveda gives importance to treating the basic process responsible for the development of a disease rather than concentrating only on its symptoms. This approach is explained through the principle of **Samprapti Vighatana**. Therefore, while selecting a drug or formulation, factors such as Dosha, Dushya, Agni and Srotas need to be considered. In Tamaka Shwasa, the predominance of Kapha and Vata, involvement of the Pranavaha Srotas and the association with Pittasthana provide the basis for selecting an appropriate Shodhana therapy.

Virechana is traditionally considered an important therapy for Pitta Dosha and for Pitta associated with Kapha or Vata, particularly when the Dosha is located in Pittasthana. Since Tamaka Shwasa is described as originating from Pittasthana, Virechana becomes relevant from the Ayurvedic point of view. In the present study, two formulations were used for Virechana: **Trivrit Modaka in Group A and Vyoshadi Gutika in Group B**.

The present article reviews these two formulations with respect to their composition, Ayurvedic pharmacodynamic properties and reported pharmacological activities. It also attempts to understand how the individual ingredients may contribute to the overall therapeutic approach in Tamaka Shwasa.

Ayurvedic Basis for Selection of the Formulations

The selection of a formulation in Ayurveda is based on a proper understanding of the disease

process. In the present context, the formulations were selected considering the involvement of Kapha and Vata, impaired Agni, obstruction in the Pranavaha Srotas and the need to eliminate vitiated Doshas.

A number of ingredients in both formulations possess **Deepana** and **Pachana** properties. These properties are important because proper functioning of Agni is essential for maintaining Dosha equilibrium. Drugs possessing Deepana and Pachana actions may therefore help in improving digestion and preparing the body for appropriate elimination.

Similarly, several ingredients possess **Kapha-Vata Shamaka**, **Shwasahara**, **Bhedana** and **Rechana** properties. These actions are relevant to Tamaka Shwasa, where Kapha obstruction and Vata aggravation are important components of the disease process.

Trivrit is common to both formulations and serves as an important Rechana drug. In Trivrit Modaka, it is combined with Pippali, Triphala components, Vidanga and Yava Kshara. Vyoshadi Gutika contains a larger number of ingredients, including Shunthi, Maricha, Musta, Twak, Patra, Ela and Danti, along with the ingredients common to both formulations.

Trivrit Modaka Composition

Trivrit Modaka is a classical formulation containing seven ingredients:

1. Pippali
2. Amalaki
3. Vibhitaki
4. Haritaki
5. Yava Kshara
6. Vidanga
7. Trivrit

The formulation is described with reference to Charaka Kalpa Sthana 7/37–39 and is indicated in conditions including Gulma, Plihodara and Shwasa, as well as other disorders associated with Kapha and Vata. The combination is particularly interesting because the ingredients do not act only as purgatives. They also possess Deepana, Pachana, Bhedana and Shwasahara properties, thereby supporting different aspects of the therapeutic approach.

Pharmacological and Ayurvedic Profile of the Ingredients Pippali^[3]

Pippali possesses Katu Rasa, Laghu and Ruksha Guna, Ushna Virya and Katu Vipaka. It is

described as Vata-Sleshmahara and possesses Deepana and Shwasahara properties. It is also traditionally indicated in Shwasa and related disorders.

The reported chemical constituents of Pippali include piperine and piperlongumine. Pharmacological activities mentioned in the source include bronchodilator, expectorant and carminative actions. Thus, Pippali has relevance both from the Ayurvedic and pharmacological perspectives.

Amalaki^[4]

Amalaki is Amla-pradhana and possesses five Rasa except Lavana. It is described as Guru and Ruksha, with Sheeta Virya and Madhura Vipaka, and is considered Tridosahara. It is also recognized for its Rasayana properties.

The reported constituents include gallic acid, tannic acid, cellulose and vitamin C. Antioxidant, digestive, gastroprotective, hypolipidemic, cardioprotective and hepatoprotective activities have been reported.

In Trivrit Modaka, Amalaki may therefore provide a supportive and restorative component along with the drugs responsible for elimination and digestion.

Vibhitaki^[5]

Vibhitaki possesses Kashaya Rasa, Laghu and Ruksha Guna, Ushna Virya and Madhura Vipaka. It is described as Kapha-Pittahara and is attributed with Virechana, Bhedana and Chedana properties. Kasa and Shwasa are among its reported indications.

The source mentions tannins, gallic acid, mannitol and glucose among its constituents and reports bronchodilator, antispasmodic and antiasthmatic activities. These properties are particularly relevant when considering its role in a formulation used for a respiratory disorder.

Haritaki^[6]

Haritaki is Kashaya-pradhana and possesses five Rasa except Lavana. It has Laghu and Ruksha Guna, Ushna Virya and Madhura Vipaka and is considered Tridosahara.

Its Ayurvedic actions include Rasayana, Deepana, Pachana and Anulomana. It is also indicated in Kasa and Shwasa. The reported chemical constituents include chebulagic acid,

chebulinic acid and corilagin. Laxative and antioxidant activities are among the pharmacological actions mentioned in the source.

Haritaki therefore supports both the digestive and eliminative aspects of the formulation.

Yava Kshara

Yava Kshara possesses Katu Rasa, Laghu and Snigdha Guna, Ushna Virya and Katu Vipaka. Its main Ayurvedic actions described in the source are Deepana and Pachana.

Its inclusion in Trivrit Modaka may support the digestive aspect of the formulation and complement the action of the other ingredients.

Vidanga^[7]

Vidanga possesses Katu and Kashaya Rasa, Laghu, Ruksha and Tikshna Guna, Ushna Virya and Katu Vipaka. It is described as Kapha-Vata Shamaka and possesses Krimighna and other therapeutic properties.

Embelin, homoembelin and christembine are among its reported chemical constituents. Antihelminthic, carminative and anti-inflammatory activities are mentioned in the source.

Trivrit^[8]

Trivrit is the principal Rechana drug in the formulation. It possesses Katu and Tikta Rasa, Laghu, Ruksha and Tikshna Guna, Ushna Virya and Katu Vipaka. It is described as Kapha-Pittahara and Pittahara and possesses Bhedana, Rechana and Shothahara properties.

Turpethin is reported as an important chemical constituent, with anti-inflammatory and purgative-related pharmacological activity described in the source.

Thus, Trivrit provides the principal eliminative action, while the other ingredients support digestion, Dosha regulation and respiratory function.

Vyoshadi Gutika Composition

Vyoshadi Gutika contains twelve ingredients:

1. Shunthi
2. Pippali
3. Maricha
4. Musta

5. Amalaki
6. Haritaki
7. Twak
8. Patra
9. Ela
10. Danti
11. Vidanga
12. Trivrit

The formulation is described in Charaka Kalpa Sthana 7/46–49 and is indicated in several conditions, including Kasa and Shwasa. Its use in relation to Virechana is also described.

Compared with Trivrit Modaka, Vyoshadi Gutika contains a larger number of ingredients. Many of these drugs have Deepana, Pachana and Kapha-Vata Shamaka properties, while Trivrit and Danti contribute to the eliminative action.

Pharmacological and Ayurvedic Profile of the Ingredients Shunthi^[9]

Shunthi possesses Katu Rasa, Guru and Ruksha Guna, Ushna Virya and Madhura Vipaka. It is described as Vata-Kaphahara and possesses Deepana, Pachana and Bhedana properties. Kasa and Shwasa are among its indications.

The source reports zingiberene and zingiberol among its constituents. Anti-inflammatory, digestive, analgesic, bronchodilator, expectorant and antimicrobial activities are also mentioned.

Pippali, Amalaki and Haritaki

Pippali, Amalaki and Haritaki are common to both formulations. Their presence provides a similar basic therapeutic foundation. Pippali contributes Deepana and Shwasahara actions, Amalaki contributes Rasayana and antioxidant properties, and Haritaki supports Deepana, Pachana and Anulomana.

Maricha^[10]

Maricha possesses Katu Rasa, Laghu and Ruksha Guna, Ushna Virya and Katu Vipaka. It is described as Kapha-Vatahara and possesses Deepana and Pramathi actions. Pinasa, Kasa and Shwasa are among its indications.

Piperine, piperidine and pipretine are reported constituents. The source describes antibacterial, carminative, lipolytic, anti-asthmatic, anti-inflammatory and antioxidant activities.

Musta^[11]

Musta possesses Tikta, Katu and Kashaya Rasa, Laghu and Ruksha Guna, Sheeta Virya and Katu Vipaka. It is described as Kapha-Pittahara and possesses Deepana and Pachana properties.

Volatile oil is mentioned among its constituents, with anti-inflammatory and other pharmacological activities reported.

Twak^[12] and Patra^[13]

Twak possesses Katu, Tikta and Madhura Rasa, Laghu, Ruksha and Tikshna Guna, Ushna Virya and Katu Vipaka. It is described as Vata-Pittahara and possesses Deepana and Pachana properties. Pinasa and Kasa are among its indications.

Patra is described as possessing Katu, Tikta and Madhura Rasa and is considered Kapha-Vatahara. It is also described as Ruchya and is indicated in conditions such as Pinasa and Aruchi.

Cinnamaldehyde and eugenol are reported among the constituents of these aromatic drugs, with digestive, carminative and expectorant activities mentioned in the source.

Ela^[14]

Ela possesses Katu and Madhura Rasa, Laghu and Ruksha Guna, Sheeta Virya and Madhura Vipaka. It is described as Kapha-Vatahara and possesses Deepana, Balya and Hridya properties. Shwasa and Kasa are among its indications. Its reported constituents include cineol, terpineol, terpinene, limonene and sabinene. Carminative, digestive, gastroprotective and bronchodilator activities are mentioned.

Danti^[15]

Danti possesses Katu Rasa, Guru and Tikshna Guna, Ushna Virya and Katu Vipaka. It is described as Kapha-Vatahara and possesses Virechana, Deepana, Shwasa-hara and Shothahara properties.

The source mentions starch and seed oil as constituents and reports purgative, hepatoprotective, Lekhana and antioxidant activities.

Vidanga and Trivrit

Vidanga and Trivrit are common to both formulations. Vidanga contributes Kapha-Vata Shamaka and digestive properties, whereas Trivrit provides the principal Rechana and Bhedana action.

Comparative Understanding of Trivrit Modaka and Vyoshadi Gutika

Both formulations share five important ingredients: **Pippali, Amalaki, Haritaki, Vidanga and Trivrit**. These common ingredients give the two formulations a similar basic therapeutic direction, particularly with regard to Deepana, Pachana, Kapha-Vata regulation and elimination.

There are, however, important differences in their composition. Trivrit Modaka contains Vibhitaki and Yava Kshara in addition to the common ingredients. Vyoshadi Gutika contains Shunthi, Maricha, Musta, Twak, Patra, Ela and Danti.

The presence of these additional drugs gives Vyoshadi Gutika a broader combination of Deepana, Pachana, carminative and respiratory-supportive properties. Shunthi and Maricha, in particular, are traditionally used in Kasa and Shwasa and are also associated with reported bronchodilator, expectorant and anti-inflammatory activities.

Trivrit Modaka, on the other hand, has a relatively focused composition in which Trivrit is supported by Triphala components, Pippali, Vidanga and Yava Kshara. Vibhitaki and Haritaki contribute Bhedana, Anulomana and digestive actions, while Pippali adds a respiratory-supportive component.

Thus, both formulations have a common Virechana-oriented foundation, but the supporting ingredients differ. These differences may be important when considering the individual pharmacodynamic characteristics of the two formulations.

Probable Mode of Action in Tamaka Shwasa

The probable action of both formulations can be understood through the Ayurvedic concept of **Samprapti Vighatana**.

The first important component is the correction of impaired Agni. Several ingredients, including Pippali, Shunthi, Maricha, Haritaki, Twak and Patra, possess Deepana and Pachana properties. Their inclusion may help support digestion and metabolism, which are important considerations in Ayurvedic management.

The second component is management of Kapha and Vata. Since these two Doshas are considered central to the pathogenesis of Tamaka Shwasa, the presence of Kapha-Vata Shamaka drugs is therapeutically relevant.

The third component is elimination. Trivrit is common to both formulations and is particularly important because of its Rechana and Bhedana properties. Danti in Vyoshadi Gutika further contributes to the Virechana action.

The fourth component is the direct support of respiratory function. Pippali, Shunthi, Vibhitaki, Maricha and Ela are described with indications or actions related to Shwasa. The source also reports bronchodilator, expectorant and antiasthmatic activities for some of these individual drugs.

Taken together, these properties suggest that the formulations may act through more than one therapeutic pathway: supporting Agni, regulating Kapha and Vata, facilitating elimination and providing respiratory-supportive effects.

Modern Pharmacological Correlation

The pharmacological properties reported for individual ingredients provide an interesting comparison with their traditional Ayurvedic descriptions.

Pippali is reported to possess bronchodilator and expectorant activity, while Vibhitaki is described with bronchodilator, antispasmodic and antiasthmatic activities. Shunthi has reported anti-inflammatory, bronchodilator and expectorant properties. Maricha is associated with anti-asthmatic, anti-inflammatory and antioxidant activities. Ela is also reported to possess bronchodilator activity. Amalaki and Haritaki have reported antioxidant activities, while Vidanga and other ingredients have reported anti-inflammatory effects.

These findings may help explain why several ingredients traditionally described as Shwasahara or Kapha-Vata Shamaka also show activities that are of interest from a modern pharmacological perspective.

However, it is important to distinguish between the properties of individual drugs and the clinical effect of a complete formulation. The pharmacological activity of an individual ingredient does not, by itself, establish the clinical efficacy of Trivrit Modaka or Vyoshadi Gutika. The overall therapeutic effect may depend on the combination of ingredients, their proportions, dose, method of administration and the complete Virechana procedure.

Therefore, the modern pharmacological information should be considered supportive evidence for understanding the formulations rather than as direct proof of their clinical effectiveness.

DISCUSSION

The present review shows that both Trivrit Modaka and Vyoshadi Gutika have been formulated with a combination of drugs that address several aspects of the Ayurvedic understanding of Tamaka Shwasa.

The common presence of Trivrit is particularly important because Virechana is the principal therapeutic objective of these formulations. Its Rechana and Bhedana properties provide the foundation for elimination, while Pippali, Haritaki and Vidanga support digestion and Dosha regulation.

Trivrit Modaka contains Vibhitaki and Yava Kshara, which further support its digestive and eliminative profile. The presence of Pippali and Vibhitaki is also relevant from the respiratory point of view because both are traditionally associated with Shwasa and related disorders.

Vyoshadi Gutika contains a larger number of aromatic and pungent drugs. Shunthi, Maricha, Twak, Patra and Ela contribute mainly to Deepana and Pachana, while several of these drugs are traditionally used in respiratory disorders. Danti, together with Trivrit, contributes to the eliminative aspect of the formulation.

An important feature of both formulations is that their therapeutic rationale is not restricted to the symptom of breathlessness. Instead, the formulations contain drugs directed toward digestion, Dosha regulation, elimination and respiratory symptoms. This is consistent with the Ayurvedic approach of addressing the underlying Samprapti.

The reported modern pharmacological activities of some ingredients also provide an interesting correlation. Bronchodilator, expectorant, anti-inflammatory and antioxidant

activities have been reported for several of the constituent drugs. However, these findings should be interpreted carefully, as the available information relates primarily to individual ingredients.

Further clinical and pharmacological research is required to understand the contribution of the individual ingredients and the formulations as a whole. Comparative studies may also help determine whether the differences in composition between Trivrit Modaka and Vyoshadi Gutika result in meaningful differences in therapeutic response.

CONCLUSION

Trivrit Modaka and Vyoshadi Gutika are two Virechana formulations with a meaningful Ayurvedic basis for use in Tamaka Shwasa. Both formulations contain Trivrit, along with Pippali, Amalaki, Haritaki and Vidanga, and therefore share important properties related to Deepana, Pachana, Kapha-Vata regulation and elimination. Trivrit Modaka has a relatively focused composition with Trivrit as the main Rechana drug, supported by Pippali, Triphala components, Vidanga and Yava Kshara. Vyoshadi Gutika contains a wider range of ingredients, including Shunthi, Maricha, Musta, Twak, Patra, Ela and Danti, which add further Deepana, Pachana, Kapha-Vata Shamaka and Virechana properties.

The traditional properties of these drugs, together with their reported pharmacological activities such as bronchodilator, expectorant, anti-inflammatory and antioxidant actions, provide a possible explanation for their relevance in respiratory disorders.

From the Ayurvedic perspective, the therapeutic importance of these formulations can be understood through **Samprapti Vighatana**, particularly by addressing Kapha-Vata involvement, impaired Agni, obstruction in the Pranavaha Srotas and the need for elimination through Virechana.

At the same time, the available pharmacological information should not be considered equivalent to clinical evidence for the complete formulations. Well-designed clinical and experimental studies are required to establish their efficacy, mechanisms of action and comparative therapeutic potential in Tamaka Shwasa.

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