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CONCEPT OF SHADRUTU VIRECHANA ACCORDING TO DIFFERENT ACHARYAS -A REVIEW ARTICLE

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ABSTRACT

Virechana is one of the important Shodhana therapies of Panchakarma, primarily indicated for the elimination of vitiated Pitta and associated doshas through the adhomarga. Ayurveda gives equal importance to treatment and prevention, and the concepts of Rutucharya and Rutushodhana explain how seasonal changes influence dosha accumulation, aggravation, and pacification. Shadrutu Virechana is the seasonal application of Virechana in all six rutus with suitable drugs, anupana, bhavana, and samskara according to the prevailing doshic state. This literary review aims to explore the classical concept, indications, drug combinations, and therapeutic relevance of Shadrutu Virechana, with special reference to Trivrit (*Operculinaturpethum* Linn.), which is described as a chief and safe purgative drug. Classical references from Charaka Samhita, Sharangadhara Samhita, Vagbhata, and relevant Nighantus were reviewed to understand the rationale behind rutu-specific Virechana formulations. The review shows that seasonal modification of Virechana helps maintain doshic balance and enhances therapeutic safety and efficacy. By selecting appropriate drugs and adjuvants according to rutu and dosha predominance, Shadrutu Virechana can be used as a preventive as well as curative detoxification approach. It also

highlights the need for standardization of seasonal Virechanaprotocols for practical clinical application.

KEYWORDS: Shadrutu Virechana, Virechana, Panchakarma, Rutucharya, Rutushodhana, Trivrit, Dosha.

INTRODUCTION

Ayurveda emphasizes the maintenance of health as well as the management of disease through proper diet, lifestyle, seasonal regimen, and purification therapies. Among the Panchakarma procedures, Virechana Karma is one of the most important Shodhana therapies, mainly indicated for the elimination of vitiated Pitta Dosha and associated morbid doshas through the adhomarga. It helps in the purification of the body, correction of Agni, and restoration of doshic balance.

Seasonal variation has a significant influence on the human body. According to Ayurveda, doshas undergo **Chaya, Prakopa, and Prashama** in different rutus due to changes in kala, ahara, vihara, bala, and environmental factors. Therefore, the concept of **Rutucharya** and **Rutushodhana** has been explained to prevent seasonal disorders and maintain health. Shodhana performed at the proper time helps in eliminating aggravated doshas before they produce disease.

Shadrutu Virechana refers to the administration of Virechana in all six rutus by selecting suitable drugs, anupana, bhavana, and samskara according to seasonal dosha predominance. Acharyas have mentioned different Virechana formulations for different rutus to improve therapeutic efficacy and reduce complications.

TRIVRIT MORPHOLOGY



Botanical Name: Operculina turpethum Family– Convolvulaceae

It is a herbaceous perennial climber with purplish stem and milky white exudates Roots are long, slender, fleshy and branched.[1]

Stems are angled, pubescent, tough and brown when they are old Leaves are alternate, slightly oblong orovate having reticulate venation with small pubescent hair on both the sides and the leaf base is either cordate or truncate.

Inflorescence is a few flowered cyme forming globose capsule enclosed within the brittle sepals.

Flowers are axillary, bisexual, solitary and white in colour.

Fruits are round measuring 1 to 1.5 cm in diameter containing 3-4 black smooth seeds

Sanskrit Synonyms

Tribhandi, Triputa, Trivrit- Stem is triangular in shape Sarala, Suvaha, Rechani – causes purgation Ardhachandra, Kumuda Gandhini.

Nishotha – Useful in oedema Tyasra – Stem has 3 angles

- **Classification of Trivrut as per Ayurveda Classics**

CHARAKA SAMHITA[2]	SUSHRUTA SAMHITA[3]	VAGHBATA[4]	BhavaPrakasha Nighantu[5]	Dhanvanthari Nighantu[6]	Raja Nighantu[7]
Bhedaneeya, Vishaghna, Asthapanopaga Gana	Shyamadi Gana, Adhobagahara Gana, Tiktha Varga	Virechana, Niruhana, Shyamadi Gana	Guduchyadi Varga	Guduchyadi Varga	Pippalyadi Varga

- **Rasapanchaka of Trivrit according to different Nighantu**

SN	Properties	BP	RN	DN	MPN	KN
1	Rasa	Madhura	Tiktha Katu	Madhur- Swetha Katu- Shyama	Tiktha	Katu, tiktha, mad ashaya
2	Guna	Ruksha	Ruksha	Ruksha	Ruksha	Ruksha
3	Virya	Ushna	Ushna	Ushna	Ushna	Ushna
4	Vipaka	Katu	Katu	Katu	Katu	Katu
5	Prabhava	Virechana	Virechana	Virechana	Virechana	Virechana

- **Dosha and Rutu**

Chaya, Prakopa, Prashama, Avastha of Dosha according to Ritu is due to the Kaalkruit Doshagati. Hence, we can prefer Dosha Shodhan when Doshas are at their peak level i.e., Prakopa Avastha.

In Prakopa Avastha, Dosha shows their movement towards Mahasrotasa, so, removal of Dosha would be easy.

In shishira rutu, kapha accumulates, and in vasanta it gets aggravated In grishma rutu, pitta accumulates and in varsha it gets aggravated In varsha rutu, vata accumulates and in sharad it gets aggravated.

Hence for those with pitta aggravation, purgation should be done with drugs of astringent and sweet taste.

For kapha aggravation, purgation done with pungent taste and For vata aggravation, purgation done with unctuous, hot and salt taste.

Rutu	**Dosha aggravation**	**Rasa**
Sharad	Vata	Snigdha, Ushna, Lavana
Varsha	Pitta	Kashaya, Madhura
Vasanta	Kapha	Katu

Shadrutu virechana according to different acharyas I)According to Acharya Charaka

Rutu	**Drugs**	**Anupama**
Varsha rutu	Trivrut, Kutaja Beeja, Pippali, and Shunthi	Madhu and Draksha Rasa
Sharad rutu	Trivruta, Durlabha, Musta, Sarkara, Udichaya, Chandana, Madhuyashati, and Saptala i	DrakshaRasa
Hemantha rutu	Trivrut, Chitraka, Patha, Ajaji, Sarala, Vacha, and Swarnaksheeri	Ushnodaka
Grishma rutu	Trivrit	Sharkara
Sarva rutu and person with snigdha body	Trivyt, trayanti, hapusa, satala, katurohini and svarnakshiri should be made to powder, and impregnated with cow'surine for three days	
Sarva rutu and person with ruksha body	Trivyt, Syama, duralabha, vatsaka, hastipippali, nalini, haritaki, vibhitaka, amalaki, musta and katuka should bemade to a fine powder Dose- 1 paanitala (app.12gm)	Ghrita, mamsa rasa and ushnambu

II) According to Acharya Sharangadhara

Rutu	**Drugs**	**Anupama**
VarshaRutu	Trivrut, Kutaja Beeja, Pippali, and Shunti in equal parts	Madhu and Draksha rasa
Sharada Rutu	Trivrut, Durlabha, Musta, Sarkara, Udichaya, Chandana, Madhuyashati, and Saptala	Draksha Rasa
Hemanta Rutu	Trivrut, Chitraka, Patha, Ajaji, Sarala, Vacha, and Swarnaksheeri	Churnambu
Shishira Rutu	ShyamaTrivrit, Pippali, Shunti, Saindava lavana	Madhu

Vasanta Rutu	ShyamaTrivrit, Pippali, Shunti, Saindava lavana	Madhu
Grishma Rutu	Trivrit	Khanda Sharkara
Sarva rutu	Trivrut, Trayamana, Saptala, Katurohini, and Swarnaksheeri, all in equal parts, are processed for three days in Gomutra. This formulation can be administered in all Rutus.	

III) According to Vaghbata

Rutu	**Drugs**	**Anupama**
Varsha rutu	Trivrut, Kutaja Beeja, Pippali, and Shunti	Madhu and Draksha rasa
Sharada Rutu	Trivrut, Durlabha, Musta, Sarkara, Udichaya, Chandana, Madhuyashati, and Saptala	Draksha rasa
Hemanta rutu	Powder of (equal quantity) of trivrt, citraka, patha, ajaji, sarala, vaca and svarnakshiri	Ushnambu
Grishma rutu	Trivrit	Sharkara
Sarva rutu and After oleation	trivrit, trayanti, hapusha, satala, katurohini, and svarnakshiri are powdered and macerated in cows urine for three days.	-
Sarva rutu and ruksha (not unergone oleation)	Syama trivrt, duralabha, hastipippali, vatsaka, nalini, katuka, musta, andtriphala	Mamsa rasa, Ghrita and Ushnambu

Properties of drugs mentioned in Rutu-Trivrit

SL NO	**RUTU**	**DRUGS**	**RASA**	**GUNA**	**ANUPANA**	**USES**
1	VARSHA	Trivrit Kutaja beeja Pippali Shunti	Kashaya, Madhura Katu Katu Katu	Ruksha Laghu, Ruksha Anushna, Snigda Ushna, Snigda	Draksha rasa, Madhu	Virechana
2	SHARAT	Trivrit Duralaba Musta Sharkara Udichya Chandana	Kashaya, Madhura Kashaya, Tikta Tikta, Katu Madhura Madhura Madhura, Tikta	Ruksha Laghu, Ruksha Laghu, Ruksha Laghu, sheeta Sheeta, Laghu, Ruksha Sheeta, Laghu, Ruksha	Draksha rasa	Virechana
3	HEMANTHA	Trivrit Chitraka Patha Ajaji Sarala Vacha Hemakshiri	Kashaya, Madhura Katu Katu Katu Madhura, Tikta Tikta Tikta	Ruksha Ruksha, Ushna Teekshna, Laghu Ruksha Snighda, Ushna Ushna Hima	Churnambu	Virechana
4	SHISHIRA	Shyama Trivrit Pippali Shunti Saindava lavana	Kashaya, Madhura Katu Katu Lavana Madhura anurasa	Ruksha Anushna, Snigda Ushna, Snigda Snigdha, laghu, sukshma	Madhu	Virechana
5	VASANTA	ShyamaTrivrit Pippali Shunti	Kashaya, Madhura Katu Katu	Ruksha Anushna, Snigda Ushna, Snigda Snigdha, laghu,	Madhu	Virechana

		Saindava lavana	Lavana Madhura anurasa	sukshma		
6	GRISHMA	Trivrit	Kashaya, Madhura	Ruksha	Khanda sharkara	Virechana

DISCUSSION

	Nighantu	Karma
1	Bhavaprakasa Nighantu	Tridoshahara, Kaphapittahara
2	Raja Nighantu	Kaphapittahara
3	Madanapala Nighantu-	Kaphapittahara
4	Madanadi Nighantu	Kaphapittahara
5	Kaiyyadeva Nighantu	Kaphapittahara

Trivrita is undoubtedly considered the best of all the drugs used for purgation due to its potent activity with very little undesired actions. Even then, the climatic conditions and impact of different seasons on our bodily functions cannot be neglected.

To make this drug more safe and more effective surpassing these climatic changes, Charaka has given four different preparations, useful for four seasons - summer, rainy, autumn and winter. Apart from these four, he has also formulated two preparations that are useful for all seasons. In the same way Sharangadhara and Vaghnata also mentioned formulations for virechana according to different rutu.

Though it is stated that, for a healthy person, purgation therapy is to be employed in post rainy season, it has to be administered as and when an emergency state occurs in any season. In rainy season, there is a dominance of *vata* and the addition of *shunthi*, honey and grape juice help to overcome this problem.[7]

1) *EFFECT OF TRIVRIT IN VARSHA RITU*

According to acharya charaka all three dosha gets vitiated in varsha ruru. Due to cold breeze vata gets vitiated and due to bhubashpa which turns to amla vipaka vitiates pitta and due to low digestive power which vitiates kapha, hence there is trisodha prakopa. Most of the drugs mentioned have katu rasa, ushna & ruksha guna and are kaphavatahara in nature.

Anupana-Draksha rasa and Madhu

Draksha Rasa-Madhura rasa, Guna-Guru, Sara, Snigdha, Virya–Sita Vipaka-Madhura, Karma-Brmhana, Vatapittahara

Madhu, it has laghu, ruksha, dipana, srotoshodhana, and tridoṣaharatva

Madhu has the peculiar attribute like yogavahitva which means substance that takes the

properties of other substances along with its own.[9]

2) *EFFECT OF TRIVRIT IN SHARAT RITU*

According to Acharya Charka in the Sharada rutu, the body's stored Pitta Dosha frequently becomes worsened when a body used to cold and rain is suddenly exposed to the heat of the sun. In this season food and drinks predominantly of sweet, light, cold and slightly bitter qualities and having Pitta alleviating properties.so most of the drugs mentioned here have madhura and tikta rasa, sheeta and laghu guna Draksha Rasa-Madhura rasa, Guna-Guru, Sara, Snigdha, Virya–Sita Vipaka-Madhura, Karma-Brmhana, Vatapittahara.

3) *EFFECT OF TRIVRIT IN HEMANTA RITU*

Due to atmospheric cold, the heat of the body is covered inside. This leads to increase of Jatharagni. So, if proper heavy food is not consumed, It burns rasadi dhatus and leads to vititation of vata. Virechana is not recommended due to strong wind and cold nature. Even though in some conditions virechana can be performed if patient bala is good.

4) *EFFECT OF TRIVRIT IN SHISHIRA RITU*

Foods having Amla as the predominant taste are preferred. Also Madhura and lavana rasa food helps to keep check of aggravated vata. So the drugs here mainly used are madhura, lavana rsa and have ushna snigdha guna.

5) *EFFECT OF TRIVRIT IN VASANTA RITU*

Kapha gets aggravated and starts mobilizing from all the parts of the body due to increasing temperature, This excess kapha then affects the agni and lowers down its strength. The food that is predominantly bitter/pungent in taste, Ushna veerya, drying in nature is best suited in this season.[8]

6) *EFFECT OF TRIVRIT IN GRISHMA RITU*

Because of excessive heat from the sun, it will dry up the moisture present in the environment. it dries up the jaleeya tatva in body which leads to depletion of the kapha and increase of vata in the body. Food having madhura rasa, snigdha, sheeta and drava guna are used. Hence the drugs used are kashaya and madhura rasa and anupana used is khanda sharkara which is atimadhura in taste and help in balancing vata and pitta dosha.

CONCLUSION

Shadrutu Virechana is a unique concept in Ayurveda that emphasizes the seasonal adaptation of Virechana Karma to achieve maximum therapeutic efficacy with minimal adverse effects. Although Trivrit (Operculina turpethum) is regarded as the best purgative drug, classical Ayurvedic texts recommend modifying its formulation and Anupana according to the changing Ritu, as seasonal variations influence Dosha, Agni, and Bala.

Each season presents a distinct physiological state requiring specific combinations of drugs and adjuvants to restore doshic equilibrium. The addition of substances such as Madhu, Draksha Rasa, Shunthi, Khanda Sharkara, and other seasonal adjuvants enhances the safety, palatability, and effectiveness of Trivrit while reducing unwanted effects. This reflects the Ayurvedic principle of individualized and season-specific therapy.

Thus, Shadrutu Virechana demonstrates the scientific approach of Ayurveda in integrating environmental changes with therapeutic interventions. Proper seasonal modification of Virechana not only facilitates effective Dosha Shodhana but also promotes Ritu Shodhana, disease prevention, maintenance of health, and enhancement of overall well-being. Further clinical studies are warranted to validate the efficacy and therapeutic benefits of Shadrutu Virechana in contemporary practice.

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