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# Review of *Trivrit* (*Operculina turpethum*) in *Brihatrayi*

U. Gayathri Sameera<sup>1</sup>, A. Vijaya Lakshmi<sup>2</sup>, G. Swarupa Rani<sup>3</sup>, P. Suguna Jyothi<sup>4</sup>

<sup>1</sup>Assistant Professor, Postgraduate Department of Dravyaguna, Dr. BRKR Government Ayurvedic College, KNR University of Health Sciences, Erragadda, Hyderabad, Telangana, India.

<sup>2</sup>HOD and Professor, Postgraduate Department of Dravyaguna, Dr. BRKR Government Ayurvedic College, KNR University of Health Sciences, Erragadda, Hyderabad, Telangana, India.

<sup>3</sup>Professor, Postgraduate Department of Dravyaguna, Dr. BRKR Government Ayurvedic College, KNR University of Health Sciences, Erragadda, Hyderabad, Telangana, India.

<sup>4</sup>HOD and Professor Retd, Postgraduate Department of Dravyaguna, Dr. NRS Government Ayurvedic College, NTR University of Health Sciences, Vijayawada, Andhra Pradesh, India.

## ABSTRACT

*Trivrit* (*Operculina turpethum*) was considered as *Agra Dravya* among Ayurvedic classics apart from *Sukha Virechana Karma* it has many therapeutic uses and it is mentioned in treatment of *Kusta*, *Kamala*, *Anaha*, *Visarpa*, *Grandhi* etc. and various *Yogas* (medicinal preparations) were mentioned in classical books like *Charaka Samhitha*, *Sushruta Samhitha*, *Astanga Hridaya*, *Sarangadhara Samhitha*, *Nighantus* etc. it has got many important chemical constituents and various research studies were conducted on it for its wide range of health benefits.

**Key words:** *Astanga Hridaya*, *Charaka Samhitha*, *Sushruta Samhitha*, *Trivrit*, *Operculina turpethum* Linn.

## INTRODUCTION

*Trivrit* was considered as very significant drug in Ayurvedic treatment it was given great importance and was vividly explained in Ayurvedic literature. It is native of tropical climate its widely distributed and cultivated all over India. It is a large perennial twinned herb with milky juice. Root is long, slender, fleshy, branched and root bark is easily removable. Stem is twisted three

angled hence it is known as *Trivrit*. Leaves are ovate or oblong in shape, simple, alternate. Flowers are funnel shaped and white in colour. It can be easily cultivated with seeds or layering. Harvesting of roots recommended after 18 months of plantation. It has many pharmacological actions like anti-inflammatory, anti-bacterial, Hepato-protective, Anti-diabetic, Anti-microbial etc.

### Address for correspondence:

Dr. U. Gayathri Sameera

Assistant Professor, Postgraduate Department of Dravyaguna, Dr. BRKR Government Ayurvedic College, KNR University of Health Sciences, Erragadda, Hyderabad, Telangana, India.

E-mail: gayathrisameera3@gmail.com

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**Table 1: References of *Trivrit* in classical Ayurvedic texts.**

SN	Reference	Karma / Indications / Uses
<i>Charaka Samhitha Sutra Stana</i>		
1.	1/77 ( <i>Dirgam Jeevitiyam Adyayam</i> )	<i>Mulini Varga</i> for <i>Virechanam</i> <sup>[1]</sup>
2.	2/9 ( <i>Apamargatanduliyam Adhyayam</i> )	<i>Trivrit</i> was mentioned under <i>Virechana Dravyas</i> used to let out

		Doshas from Pakvashaya. <sup>[2]</sup>
3.	3/5 ( <i>Aragvadhya Adhyaya</i> )	Kushta Hara Lepa in Bhagandhara, Kusta and Kilasa. <sup>[3]</sup>
4.	4/5,27,39 ( <i>shadvirechanashatasritiya</i> )	Bhedhaneeya, Vishaghna, Asthanopaga Dashemani <sup>[4]</sup>
5.	15/27 ( <i>Upakalpaniyamadyayam</i> )	Trivrit for Virechana Karma in 1 Aksha dose <sup>[5]</sup>
6.	25/42,59 ( <i>Yajjhapurishiyamadyayam</i> )	Sreshta Sukhavirechna Dravya, Mulasava Dravyas <sup>[6]</sup>
<b>Charaka Samhitha Vimana Stana</b>		
1.	7/18,26 ( <i>Vyadhitharupiyam</i> )	Kashaya of Madanaphala and Trivritkalka for Vamana and Virechana <sup>[7]</sup>
2.	8/26 ( <i>Rogabhishakjitiya</i> )	Trivrit was used in Agada preparation <sup>[8]</sup>
<b>Charaka Samhitha Chikithsa Sthana</b>		
1.	1/209,231,232,299 ( <i>Jwara chikitsa</i> )	In form of Kashaya and Lehya for internal administration <sup>[9]</sup>
2.	4/57 ( <i>Raktapitta Chikitsa</i> )	For Virechana in Urdwagata Raktapitta Trivrit and Haritaki combination <sup>[10]</sup>
2.	5/149,155 ( <i>Gulmachikitsa</i> )	Rohinyadi Ghrita, Misraka Sneha, Nili Ghrita, Danti Haritaki <sup>[11]</sup>
3.	7/44,68-69,85-86 ( <i>Kusta Chikitsa</i> )	Trivrit was used for Virechana and also in Maha Khadira Ghrita Yoga <sup>[12]</sup>

4.	10/20 ( <i>Apasmara Chikitsa</i> )	Mahapanchagavya Ghrita <sup>[13]</sup>
5.	12/21 ( <i>Shotha Chikitsa</i> )	In Kaphaja Shotha Chikitsa <sup>[14]</sup>
6.	16/57,66 ( <i>Pandu Chikitsa</i> )	Pandu, Plihavridhi, Kusta and in Punarnava Mandoor Yoga <sup>[15]</sup>
7.	18/85,151 ( <i>Kasa Chikitsa</i> )	In Pittaja Kasa Chikitsa for Virechana <sup>[16]</sup>
8.	21/64 ( <i>Visarpa Chikitsa</i> )	For Virechana in Visarpa Chikitsa <sup>[17]</sup>
9.	23/203 ( <i>Visha Chikitsa</i> )	Visha Chikitsa <sup>[18]</sup>
10.	24/85 ( <i>Dvivraniya Chikitsa</i> )	Trivrit Lepa <sup>[19]</sup>
11.	26/85 ( <i>Trimarmiya</i> )	Used in Varti preparation for Udavarta <sup>[20]</sup>
12.	29/81-84 ( <i>Vatarakta Chikitsa</i> )	Trivrit Churna with Kshira or Draksharasa <sup>[21]</sup>
13.	30/254 ( <i>Yonivyapath Chikitsa</i> )	Trivrit and Abhaya to induce Virechana <sup>[22]</sup>
<b>Charaka Samhitha Kalpa Sthanam</b>		
1.	1/6 ( <i>Madana Kalpa</i> )	Mentioned in Shodana Dravyas <sup>[23]</sup>
2.	7/3,5,6 ( <i>Syama Trivrit Kalpa</i> )	Mula is Sreshta in Virechana Dravyas <sup>[24]</sup>
3.	7/10,11 ( <i>Syama Trivrit Kalpa</i> )	Trivrit Grahana Vidhi <sup>[24]</sup>
4.	7/12-46,46-49,50-55,72-74 ( <i>Syama Trivrit Kalpa</i> )	110 Trivrit Kalpa Yogas <sup>[24]</sup>
5.	8/11 ( <i>Chaturangula Kalpa</i> )	Argvadhya Ghrita <sup>[25]</sup>
6.	9/14-16 ( <i>Tilvaka Kalpa</i> )	Ghrita prepared with Trivrit <sup>[26]</sup>
7.	10/12,14,15-18,20 ( <i>Sudha Kalpa</i> )	Virechana Yogas <sup>[27]</sup>

8.	11/9 ( <i>Saptalashankini Kalpam</i> )	<i>Taila</i> and <i>Ghrta</i> for <i>Virechana</i> <sup>[28]</sup>
9.	12/11-14,32 ( <i>Dantidravanthi Kalpam</i> )	<i>Modakas</i> for <i>Virechana</i> <sup>[29]</sup>
<b>Charaka Siddhi Stana</b>		
1.	4/13-16 ( <i>Snehavyapath Siddhi</i> )	<i>Taila</i> prepared with <i>Trivrit</i> and other drugs given in form of <i>Anuvasana Vasthi</i> cures <i>Kaphaja Rogas</i> <sup>[30]</sup>
2.	5/13 ( <i>Netravasthivapyathsiddhi</i> )	<i>Netra Vasthi Vyapath Chikitsa</i> <sup>[31]</sup>
3.	7/6 ( <i>Vasthivapyathsiddhi</i> )	In management of <i>Ayoga of Vasthi</i> <sup>[32]</sup>
4.	8/16 ( <i>Prasruthayogiyasiddhi</i> )	<i>Drakshadi Kashaya</i> with <i>Trivrit Churna</i> treats <i>Guda Daha</i> <sup>[32]</sup>
5.	9/8 ( <i>Trimarmiya Siddhi</i> )	<i>Niruha Vasthi</i> with <i>Shyamadi Gana</i> and <i>Gomutra</i> relieves pain in <i>Vasthi</i> and <i>Mutravikaras</i> <sup>[34]</sup>
6.	10/25 ( <i>Vasthi Siddhi</i> )	<i>Vasthi</i> for <i>Pakvashaya Vishodana</i> <sup>[35]</sup>
7.	11/32 ( <i>Phalamatrasiddhi</i> )	<i>Niruha Vasthi Preparation</i> <sup>[36]</sup>
<b>Sushruta Sutra Stana</b>		
1.	16/10 ( <i>Karnavyadhavidhiadhyaya</i> )	<i>Karna Syava Chikisa</i> (ear lobule treatment) <sup>[37]</sup>
2.	38/16-25 ( <i>Dravayasangrahaniamadhyaya</i> )	<i>Karanjadi Ghrta</i> and <i>Shyamadi Gana</i> <sup>[38]</sup>
3.	39/4 ( <i>Samshodanasamshamaniya Adhyaya</i> )	<i>Trivrit Mula</i> for <i>Virechana</i> <sup>[39]</sup>
4.	42/11 ( <i>Rasavisheshavignaniya</i> )	<i>Tikta Varga</i> <sup>[40]</sup>

5.	44/3,5,6,7,8,9,15,16-26,35,45,53,54-59,61,64 ( <i>Virechanadravayavikalpaiya Adhyaya</i> )	<i>Trivrit Mula</i> which is <i>Arunabha</i> is best, It should be consumed along with <i>Amla Dravyas</i> in <i>Vata</i> ; <i>Kshira</i> in <i>Pitta</i> and <i>Trikatu</i> and <i>Trijataka</i> in <i>Kaphavyadhis</i> respectively, <i>Churna</i> , <i>Lehya</i> , <i>Modaka</i> , <i>Putapaka</i> , <i>Trivritastaka</i> <sup>[41]</sup>
<b>Sushruta Chikitsa Stana</b>		
1.	2/89-94 ( <i>Sadyovrana Chikitsa</i> )	<i>Vranashodana Taila</i> or <i>Ghrta</i> . <sup>[42]</sup>
2.	4/27 ( <i>Vatavyadhiadhyaya</i> )	<i>Tilvaka Ghrta</i> for <i>Sneha Virechana</i> <sup>[43]</sup>
3.	5/8 ( <i>Mahavatavyadhiadhyaya</i> )	In <i>Vata</i> predominant <i>Vata Raktha Chikitsa</i> . <sup>[44]</sup>
4.	8/39,40,41,42,48,49,50 ( <i>Bhagandhara Chikitsa</i> )	<i>Vrana</i> , <i>Nadivrana</i> , <i>Bhagandhara Chikitsa</i> <sup>[45]</sup>
5.	9/5 ( <i>Kusta Chikitsa</i> )	<i>Syamaka</i> leaves oral intake in <i>Kusta</i> <sup>[46]</sup>
6.	10/6,7,12 ( <i>Mahakusta Chikitsa</i> )	<i>Ayaskriti</i> <sup>[47]</sup>
7.	12/5 ( <i>Prameha Chikitsa</i> )	<i>Dhanvatari Ghrta</i> in <i>Kusta</i> , <i>Gulma</i> , <i>Prameha</i> , etc. <sup>[48]</sup>
8.	14/6,10 ( <i>Udara Chikitsa</i> )	In <i>Pittaja Udara Chikitsa</i> and in <i>Phala Varti</i> preparation <sup>[49]</sup>
9.	16/21 ( <i>Vidradi Chikitsa</i> )	<i>Trivrit</i> is an ingredient in <i>Karanjadi Ghrta</i> . <sup>[50]</sup>
10.	17/14,22,26-28 ( <i>Visarpanadistanaroga</i> )	<i>Visarpa</i> , <i>Nadivrana</i> , <i>Vrana Chikitsa</i> <sup>[51]</sup>
11.	18/20,33,52 ( <i>Grandhiapachiarbudagalaganda Chikitsa</i> )	In <i>pittaja arbuda</i> and <i>medhoja galaganda</i> <i>trivritas</i> external applications <sup>[52]</sup>

12.	19/28,68 (Vridhiupadamshasleepada Chikitsa)	In <i>Vataja Vriddhi, Slipada, Galagandha, Grahani</i> etc. <sup>[53]</sup>
13.	23/12 ( <i>Shopha Chikitsa</i> )	<i>Kshira</i> processed with <i>Trivrit</i> and <i>Trikatu</i> for internal use <sup>[54]</sup>
14.	25/19 ( <i>Misraka Chikitsa</i> )	<i>Taila</i> prepared with <i>Trivrit</i> and others indicated in <i>Unmatha</i> <sup>[55]</sup>
15.	31/5 ( <i>Snehopayogika Chikitsa</i> )	<i>Taila</i> processed with <i>Trivrit</i> and other drugs used in <i>Dadru</i> and <i>Kitiba Kusta</i> <sup>[56]</sup>
16.	37/12-14,24,27,33,77 ( <i>Anuvasauttaravasthi Chikitsa</i> )	Indicated in <i>Gridasi, Vata Raktha, Udavartha</i> etc. <sup>[57]</sup>
<b>Sushruta Kalpa Stana</b>		
1.	1/37,57,82 ( <i>Annapanaraksha Kalpa</i> )	In <i>Visha Chikitsa</i> <sup>[58]</sup>
2.	5/61,86 ( <i>Sarpadastavishachikitsa Kalpa</i> )	As <i>Agada</i> in <i>Visha Chikitsa</i> <sup>[59]</sup> <i>Ekasara Gana</i>
3.	6/14-26 ( <i>Dundubisvaniya Kalpa</i> )	<i>Mahasugandhi Agada</i> <sup>[60]</sup>
4.	7/26-31,32-37 ( <i>Mushika Kalpa</i> )	In <i>Musika Visha Chikitsa</i> by <i>Virechana</i> <sup>[61]</sup>
<b>Sushruta Uttara Stana</b>		
1.	17/30 ( <i>Drustigata Roga Pratishedam</i> )	In <i>Timira Chikitsa</i> by <i>Virechana</i> <sup>[62]</sup>
2.	21/13-19,21/22 ( <i>Karnagatarogapratishedam</i> )	<i>Siro Rogas, Karna Sula</i> <sup>[63]</sup>
3.	26/38-41 ( <i>Siroroga Pratishedam</i> )	<i>Shankaka</i> <sup>[64]</sup>
4.	34/3 ( <i>Shitaputana Pratishedam</i> )	<i>Trivrit</i> along with other drugs made into <i>Kashaya</i> and

		used for <i>Pariseka</i> in <i>Shitaputana</i> <sup>[65]</sup>
5.	36/ ( <i>Naigamesha Pratishedam</i> )	Medicated oil prepared with <i>Trivrit</i> and other drugs used as <i>Abhyanga</i> in <i>Naigamesha</i> <sup>[66]</sup>
6.	39/229-233,234-239, 245-249 ( <i>Jwara Pratishedam</i> )	<i>Kalyanaka Ghrta &amp; Maha Kalyanaka Ghrta, Triphala Ghrta</i> indicated in <i>Ajirna Jwara, Swasa, Kasa, Vandhya, Nasta Shukra, Agnimandhya, Apasmara</i> etc. <sup>[68]</sup>
6.	39/306 ( <i>Jwara Pratishedam</i> )	Best <i>Virechana Kalpa</i> for <i>Pittaja Jwara, Urdhva Gata Rakta Pitta</i> etc. <sup>[68]</sup>
7.	42/90 ( <i>Gulma Pratishedam</i> )	In <i>Gulma, Sula Chikitsa</i> <sup>[69]</sup>
8.	43/17-18 ( <i>Hrud Roga Pratishedam</i> )	<i>Virechana</i> in <i>Kaphaja Hrid Roga</i> . <sup>[70]</sup>
9.	44/30 ( <i>Pandu Roga Pratishedam</i> )	<i>Virechana</i> in <i>Kamala</i> <sup>[71]</sup>
10.	47/40,352 ( <i>Panatyaya Pratishedam</i> )	<i>Paramada</i> and <i>Panatyaya</i> <sup>[72]</sup>
11.	51/23-24 ( <i>Swasa Pratishedam</i> )	<i>Suvahadi Ghrta</i> in <i>Swasa Rogas</i> <sup>[73]</sup>
12.	52/38-41 ( <i>Kasa Pratishedam</i> )	<i>Kalyanka Guda</i> in <i>Grahani, Swasa</i> <sup>[74]</sup>
13.	55/43 ( <i>Udavarta Pratishedam</i> )	<i>Udavarta</i> and <i>Amashaya Shula</i> . <sup>[75]</sup>
14.	56/23-27 ( <i>Visuchika Pratishedam</i> )	<i>Kashaya Vasthi</i> preparation with <i>Trivrit</i> and other drugs <sup>[76]</sup>
15.	61/34-37 ( <i>Apasmara Pratishedam</i> )	<i>Panchagavya Ghrta</i> <sup>[77]</sup>

16.	62/22-24 ( <i>Unmada Pratishedam</i> )	<i>Kalyanaka and Mahakalyanaka Ghrita</i> <sup>[78]</sup>
<b>Astanga Hridaya Sutra Stana</b>		
1.	15/3,26,45 ( <i>Shodanadigana Sangraha</i> )	<i>Niruhadi Gana, Rodradi Gana, Syamadi Gana</i> <sup>[79]</sup>
2.	19/56 ( <i>Basti Vidhi</i> )	<i>Vatahara Dravyas</i> <sup>[80]</sup>
<b>Astanga Hridaya Chikitsa Stana</b>		
1	3/27 ( <i>Kasa Chikitsa</i> )	In <i>Pittaja Kasa</i> for <i>Virechana</i> <sup>[81]</sup>
2.	3/27,133-140	<i>Kaphaja Kasa, Vasista Rasayana</i> <sup>[81]</sup>
4.	3/153	In <i>Kshayaja Kasa</i> as mild purgative <sup>[81]</sup>
5.	5/153 ( <i>Rajayakshma Chikitsa</i> )	<i>Virechana</i> in <i>Rajayakshma Chikitsa</i> . <sup>[82]</sup>
6.	12/19-24 ( <i>Prameha Chikitsa</i> )	<i>Dhanvantari Ghrita</i> in, <i>Gulma, Arshas, etc.</i> <sup>[84]</sup>
7.	13/11-13 ( <i>Vidradvirddhi Chikitsa</i> )	<i>Trayantyadi Quatha Vidradi, Gulma, etc.</i> <sup>[85]</sup>
8.	14/54 ( <i>Gulma Chikitsa</i> )	<i>Gulma</i> . <sup>[86]</sup>
9.	14/92-97	<i>Dantiharitakiavalehya Gulma,, Anaha, Udara, Kusta, Pandu, Kamala</i> . <sup>[86]</sup>
10.	14/98,99	<i>Sudha Kalpa</i> for <i>Virechana</i> . <sup>[86]</sup>
11.	14/103-106	<i>Kshara Agada</i> in <i>Udavarta, Gulma, Arshas etc.</i> <sup>[86]</sup>
12.	15/15-22 ( <i>Udara chikitsa</i> )	<i>Narayanachurna, Hapusadi Virechana Yoga</i> <sup>[87]</sup>

14.	15/32,33	<i>Trivritadi Ghrita</i> in <i>Udara, Anaha, Gulma etc.</i> <sup>[87]</sup>
15.	15/61,62	In <i>Pittaja Udara</i> after <i>Snehana</i> for <i>Virechana</i> . <sup>[87]</sup>
17.	16/7-8	<i>Trivritadi Yoga</i> for <i>Vata Anulomana</i> .
18.	16/53	In <i>Halimaka</i> after <i>Snehapana</i> for <i>Virechana</i>
19.	17/9,28	In <i>Baddhamala, Shopha</i> <sup>[88]</sup>
21.	18/3 ( <i>Visarpa Chikitsa</i> )	In <i>Visarpa, Virechana</i> with <i>Trivritadi Ghrita</i> . <sup>[89]</sup>
22.	19/33-34,86,87 ( <i>Kusta Chikitsa</i> )	<i>Bhunimbadi Churna</i> in <i>Kusta, Visarpa etc.</i> <sup>[90]</sup>
23.	20/19-23 ( <i>Krimi Chikitsa</i> )	In <i>Krimi Chikitsa</i> for <i>Virechana</i> with <i>Trivrit</i> <sup>[91]</sup>
24.	21/32-33, 73-81 ( <i>Vatavyadhi Chikitsa</i> )	<i>Tilvakadi Ghrita, Bala Taila</i> in <i>Yoni Vyapat, Gulma, Udara &amp; Vata Vyadhis</i> <sup>[92]</sup>
26	22/8,12 ( <i>Vatarakta Chikitsa</i> )	<i>Vataja Vatarakta Chikitsa</i> <sup>[93]</sup>
<b>Astanga Hridaya Kalpa Stana</b>		
1.	2/1 ( <i>Virechanakalpa</i> )	<i>Trivrit Rasapanchaka</i> <sup>[94-95]</sup>
2.	2/3-5	<i>Trivrit</i> root varieties and properties with indications was mentioned. <sup>[94-95]</sup>
3.	2/6	<i>Trivrit Mula</i> collection method. <sup>[94-95]</sup>

4.	2/7-8	<i>Trivrit Churna</i> mixed with <i>Nagara &amp; Saindhava Lavana</i> in <i>Vatavyadhis</i> .  In <i>Pittaja Vyadhis</i> , <i>Trivrit Churna</i> mixed with ghee, sugar & honey.  In <i>Kaphaja Vyadhis</i> with <i>Panchakola</i> . <sup>[94-95]</sup>
5.	2/9,10,12-16, 21-30,58-60	<i>Trivrit Leha</i> , <i>Ajagandadi</i> , <i>Kalyanakaguda</i> , <i>Avipattikara Yoga</i> , <i>Virechana Yoga</i> , <i>Putapaka Vidhi</i> , <i>Haritaki Kalpa</i> <sup>[94-95]</sup>

**Astanga Hridaya Siddhi Stana**

1.	5/1-5,25,41 ( <i>Basti Vyapat Siddhi</i> )	In <i>Vasti Vyapath Chikitsa</i> in form of <i>Kashaya</i> and in <i>Guda Daha</i> , <i>Trivrit Prayoga</i> along with <i>Mrudvika</i> <sup>[96]</sup>
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**Astanga Hridaya Uttara Stana**

1.	2/12 ( <i>Balamaya Pratishedha</i> )	<i>Churna</i> of <i>Rasna</i> , <i>Ajmoda</i> , <i>Sarala</i> , <i>Devadaru</i> mixed with <i>Ghritha</i> for internal use <sup>[97]</sup>
2.	6/23-26 ( <i>Unmada Pratishedha</i> )	<i>Bramhi Ghritha</i> in <i>Unmada</i> , <i>Kusta</i> , <i>Apasmara</i> etc. <sup>[98]</sup>
3.	9/30 ( <i>Sandhisiragata Rogas Pratishedha</i> )	<i>Trivrit Ghritha Pana</i> before <i>Siravedana</i> and <i>Jaluka Prayoga</i> <sup>[99]</sup>
4.	16/31 ( <i>Sarvakshiroga Pratishedha</i> )	For <i>Virechana</i> in <i>Akshi Shophya</i> <sup>[100]</sup>
	18/5 ( <i>Karnaroga Pratishedha</i> )	<i>Trivrit Taila</i> for ear pain in form of drops <sup>[101]</sup>

5.	20/15 ( <i>Nasaroga Pratishedha</i> )	<i>Dusta Pratishyaya Chikitsa</i> <sup>[102]</sup>
6.	25/43,44 ( <i>Vrana Pratishedha</i> )	As <i>Vrana Shodana Dravaya</i> . <sup>[103]</sup>
7.	30/10,13,25 ( <i>Granthi Arbuda Slipada Nadi Pratishedha</i> )	In <i>Sleepada</i> , <i>Apache</i> , <i>Kusta</i> , <i>Visha</i> as <i>Lepa</i> <sup>[104]</sup>
	37/25 ( <i>Kitalutadi Visha Pratishedha</i> )	<i>Trivrit</i> and <i>Tanduliyaka</i> in equal ratio for oral intake <sup>[105]</sup>
8.	38/77 ( <i>Musika Alarka Visha Pratishedha</i> )	For purgation in <i>Musika-Alarka Visha Chikitsa</i> . <sup>[106]</sup>

**Figure 1: Trivrit plant****Figure 2: Trivrit Mula****DISCUSSION**

*Trivrit* is *Madhura*, *Tikta*, *Katu Rasa*, *Ruksha Guna*, *Ushna Virya* and *Katu Vipaka*. *Madhura Tikta* and *Kashaya Rasas* are *Pitta Shamaka* in nature they are

*Soumya Rasas. Katu, Tikta and Kashaya Rasas* will cause *Kapha Shamana* and *Trivrit* being *Sukha Virechana Dravya* it causes *Vata Anulomana*, thus its mainly *Kapha Pitta Hara* and at the same time *Tridoshashamaka*.

*Trivrit* with its *Ushna Virya* and *Katu, Tikta, Kashaya Rasas* does *Ama Pachana* and *Agni Deepana* at the level of *Annavaaha Srotas*. By its *Tikshna* and *Laghu Gunas* it reaches the minute channels and removes *Sanga* that which is main *Sroto Dusti* in *Anaha* and *Vibandha* and it also does *Dosha Vilayana*. And when *Doshas* reach the *Kosta* it increase the *Kosta Gati* and it being *Sukha Virechana Dravya* expels out *Doshas* from *Adhobhaga* in *Drava* form. Thus, the *Vata Anulomana* will also be attained simultaneously relieving *Anaha* and *Vibandha*. It has got many therapeutic indications like in *Kusta* (Skin Diseases), *Visarpa* (Erysipelas), *Krimi* (Worms), *Vibandha* (Constipation), *Vrana* (Wounds), *Visha Rogas* (Poisoning), *Kamala* (Jaundice), *Arbuda* (Abscess), *Galaganda* (Thyroid Goiter), *Granthi* (Cysts), *Daha* (Burning Sensation), *Udara* (Abdominal Diseases), *Bhagandhara* (Fistula In Ano), *Nadivrana* (Sinus), *Pandu* (Anemia), *Raktapitta* (Bleeding Disorders), *Vata Rakta* (Gouty Arthritis), *Prameha* (Diabetes), *Stoulya* (Obesity), *Jwara* (Pyrexia), *Kasa* (Cough), *Swasa* (Dyspnea), *Yakrit Rogas* (Liver Disorders), *Plihavriddhi* (Spleen Disorders), *Yoni Rogas* (Gynecological Problems), *Shotha* (Edema), *Grahani* (Irritable Bowel Syndrome) and it is main component in many important preparations like *Punarnava Mandoor*, *Naracha Churna*, *Kaishora Guggulu*, *Dashamularista*, *Avipattikara Churna* etc.

## CONCLUSION

Thus, from above references it can be inferred that *Trivrit* is an potent Ayurvedic drug which is being used from Vedic period to present era. It can be used as single drug and also as a compound formulation for treating many diseases.

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