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# Review of *Trivrit* (*Operculina turpethum* Linn.) in Ayurvedic literature

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## ABSTRACT

*Trivrit* (*Operculina turpethum* Linn) was well renowned drug for its wide spectrum of therapeutic benefits. It was considered as *Agra Dravya* in *Samhitha Kala* and was used in many preparations. There are number of preparations mentioned in Ayurvedic classics namely *Sarangadhara Samhitha*, *Chakradatta* and *Bhaishajya Ratnavali* where *Trivrit* was formulated as key ingredient. Even in the *Nighantu Kala* it was mentioned as important drug in *Vargas* like *Guduchyadi Varga*, *Pippalyadi Varga*, *Oshadi Varga* etc. by various *Nighantukaras*.

**Key words:** *Trivrit*, *Operculina turpethum* Linn., *Sarangadhara Samhitha*, *Chakradatta*, *Bhaishajya Ratnavali*, *Nighantus*.

## INTRODUCTION

*Trivrit* (*Operculina turpethum* Linn.) is native of tropical climate it's 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.

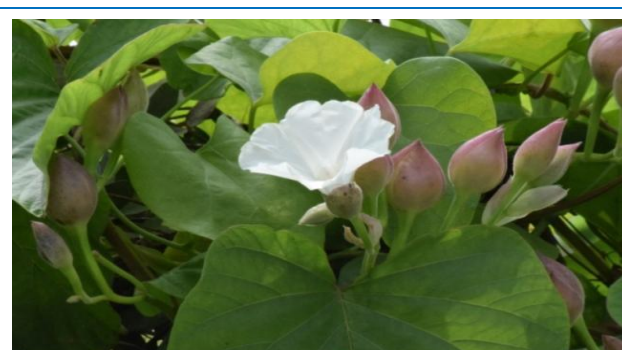


Figure 1: *Trivrit* plant



Figure 2: *Trivrit Mula*

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

<b>Sarangadhara Samhitha Purva Khanda</b>		
1.	2/137-142	Brihatmanjistadi Kashaya <sup>[1]</sup>
<b>Sarangadhara Samhitha Madhyama Khanda</b>		
2.	6/95	Narayanachurna, Hapushadya Churna, Panchasamachurna, Naracha Churna, Lavanatritayadya Churna <sup>[2]</sup>
3.	4/18-20	Trivrit Churna <sup>[3]</sup>
4.	7/42	Chandraprabhadi Gutika <sup>[4]</sup>
5.	7/51	Kankayana Gutika <sup>[5]</sup>
6.	7/75	Kaishora Guggulu <sup>[6]</sup>
<b>Sarangadhara Samhitha Uttara Khanda</b>		
7.	10/88	Abhayamodaka <sup>[7]</sup>
<b>Chakradatta<sup>[8-10]</sup></b>		
1.	1/71	Rasnadi kwatha, Trivritadi kwatha
2.	28/6	Trivritadi Gudika
3.	29/4	Trivritadi Vatika
4.	30/41	Hingupushkaramuladi Churna
5.	37/41	Dantyadi Kalka
6.	37/62	Bindu Ghrita
7.	37/37	Naracha Ghrita
8.	40/29	Brihat Saindhavadya Taila
9.	62/14	Taivruta Sneha
10.	71/3	Trivritadi Churna
11.	71/7	Hareetakyadi Churna
12.	71/21	Hareetakyadi Modaka
<b>Bhaishajya Ratnavali<sup>[11]</sup></b>		
1.	8/77	Mani Bhadra Modaka
2.	21/16	Ashvagandhadya Arishta
3.	31/5	Naracha Churnam
4.	31/7	Pippalyadi Kwatha

5.	31/11	Trivritadi Gudika
6.	31/12	Gudashtakam
7.	31/35	Trivritadi Churnam
8.	32/48	Hingwadi Churna
9.	40/38	Vishaladi Churna
10.	40/43	Patoladya Churna
11.	40/131	Bindu Ghritam
12.	40/141	Naracha Ghritam
13.	43/112	Saindhavadya Tailam
14.	54/208	Maha Bhallataka Ghritam
15.	56/23	Avipattikara Churna
<b>Vangasena <sup>[12]</sup></b>		
1.	6/109	Mahakshara
2.	6/207	Mahakalyanaka Guda
3.	7/199	Sreebahushali Guda
4.	7/242	Agnimukha Lauha
5.	34/42	Naracha Churna
6.	34/44	Gudastaka
7.	35/6	Trivritadya Vatika
8.	35/10	Trivritadya Gutika
9.	43/87	Narayana Churna

**Table 2. Classification of Trivrit in various texts**

SN	Samhitha / Nighantu	Varga / Gana
1.	<b>Charaka Samhitha</b>	Bhedaneeya Vishaghna Asthapanopaga Gana
2.	<b>Susrutha Samhitha</b>	Shyamadi Gana Adhobagahara Gana Tiktha Vargam
3.	<b>Astanga Hridaya</b>	Virechana Niruhana Shyamadi Gana
4.	<b>Bhava Prakasha Nighantu</b>	Guduchyadi Varga

5.	<b>Dhanvanthari Nighantu</b>	<i>Guduchyadi Varga</i>
6.	<b>Raja Nighantu</b>	<i>Pippalyadi Varga</i>
7.	<b>Kaiyyadeva Nighantu</b>	<i>Oshadhi Varga</i>
8.	<b>Sodhala nighantu</b>	<i>Guduchyadi Varga</i>
9.	<b>Adarsha Nighantu</b>	<i>Vridhdadarvadi varga</i>
10.	<b>Saraswathi Nighantu</b>	<i>Lathadi Varga</i>
11.	<b>Mahaushada Nighantu</b>	<i>Bilvadi Varga</i>
12.	<b>Priya Nighantu</b>	<i>Pippalyadi Varga</i>
13.	<b>Shaligrama Nighantu</b>	<i>Guduchyadi Varga</i>

**Table 3: Varieties of Trivrit according to various texts**

SN	Texts	Types	Names
1.	<i>Charaka Samhitha</i>	2	<i>Shyama, Trivrit</i>
2.	<i>Susrutha Samhitha</i>	2	<i>Swetha Trivrit, Shyama Trivrit</i>
3.	<i>Astanga Hridaya</i>	2	<i>Shyama, Trivrit</i>
4.	<i>Astanga Sangraha</i>	2	<i>Shyama, Trivrit</i>
5.	<i>Dhanvanthari Nighantu</i>	2	<i>Shyama, Shuklabhandee</i>
6.	<i>Sodhala Nighantu</i>	2	<i>Shyama Trivrit, Aruna Trivrit</i>
7.	<i>Madanapala Nighantu</i>	2	<i>Swetha Trivrit, Krishna Trivrit</i>
8.	<i>Kaiyyadeva Nighantu</i>	2	<i>Shyama, Trivrit</i>
9.	<i>Bhavaprakasha Nighantu</i>	2	<i>Sweta Trivrit, Shyama Trivrit</i>
10.	<i>Shankara Nighantu</i>	2	<i>Sweta Trivrit, Krishna Trivrit</i>
11.	<i>Shaligrama Nighantu</i>	3	<i>Sweta, Krishna &amp; Aruna Trivrit</i>
12.	<i>Mahaushada Nighantu</i>	2	<i>Sweta Trivrit, Shyama Trivrit</i>

13.	<i>Priya Nighantu</i>	2	<i>Shyama, Trivrit</i>
14.	<i>Adarsha Nighantu</i>	3	<i>Sweta, Krishna &amp; Aruna Trivrit</i>

**Table 4: Synonyms of Trivrit in Nighantus<sup>[14-22]</sup>**

S N	Synonym	B P	R N	D N	M PN	K N	S N	SG N	So N	N A	M N
1.	<i>Trivrit</i>	+	+	+	+	+	+	+	+	+	+
2.	<i>Tribhand ee</i>	+		+		+	+	+		+	+
3.	<i>Triputa</i>	+	+	+	+		+	+		+	+
4.	<i>Sarwanu bhuthi</i>	+		+	+		+	+		+	+
5.	<i>Sarala</i>	+		+	+		+			+	+
6.	<i>Nishotra</i>	+						+			
7.	<i>Rechani</i>	+					+	+		+	
8.	<i>Shyama</i>	+				+	+	+		+	+
9.	<i>Ardachandra</i>	+		+	+	+	+	+		+	+
10.	<i>Palindee</i>	+		+		+	+	+		+	+
11.	<i>Sushenika</i>	+					+			+	+
12.	<i>Masuravida</i>	+		+	+	+	+	+		+	+
13.	<i>Kalee</i>	+	+			+	+				
14.	<i>Kaishika</i>	+									
15.	<i>Malavika</i>		+	+	+	+		+			+
16.	<i>Masura</i>		+								
17.	<i>Vidala</i>		+								
18.	<i>Susheni</i>		+	+				+			
19.	<i>Kalindika</i>		+								

20.	Trivela		+																
21.	Kalindee		+																
22.	Tamrapuspika		+			+								+					
23.	Kulavarga		+																
24.	Masuree		+												+				
25.	Amritha		+												+				
26.	Kakanashika		+											+	+				
27.	Kumudagandhi					+													
28.	Shuklabhandi					+								+					
29.	Tyastra					+								+					
30.	Kala					+								+					+
31.	Kalameshika					+	+	+	+									+	+
32.	Kumbha							+	+										
33.	Aruna							+	+									+	
34.	Tyastrahandi							+											
35.	Kalaparni							+											
36.	Kutarana													+				+	
37.	Kutaranya													+					
38.	Virala													+					
39.	Koshaphala													+	+				
40.	Nihisuthra													+					

41.	Kotaravahini																		+
42.	Kakakshi																		+
43.	Suvaha																		+
44.	Rakthapushpa																		+
45.	Rakthamula																		+
46.	Kalinga																		+
47.	Paripakini																		+
48.	Suthramadhy																		+
49.	Vyagradani																		+
50.	Tyastrali																		+

**Etymology of Synonyms**

1. *Ardachandra* : Leaves are semilunar in the shape
2. *Kaali/Kali* : Seeds are black in colour
3. *Kalingika* : Available at Kalinga Desha
4. *Kutarana* : The flowers are funnel shaped
5. *Kumbhee* : A reputed drug which is safe and effective
6. *Kosha Phala* : Fruit is covered by Cell like structure
7. *Laghu Rochana* : Creates interest of food & digests the food
8. *Masuravidala / Masura* : Seeds resembles like Masura seeds
9. *Palindi* : Which protects from *Pitta Jwara*
10. *Rechana* : Causes purgation & relieves constipation
11. *Sarwanubhuthi* : Experienced by many people, because it is safe purgative
12. *Suvaha* : being creeper it spreads in all directions
13. *Syama* : Colour of root is black

14. *Sarala* : Having the property of relieving Constipation
15. *Trivrit* : The stem is of triangle shaped / three winged
16. *Triputa / Tribhandi* : The stem is three winged

**Table 5: Rasapanchaka of Trivrit according to different Nighantus**

S N	Properties	BP	RN	DN	MPN	KN
1.	Rasa	Madhura	Tikta Katu	Madhur-Swetha Katu-Shyama	Tiktha	Katu Tiktha Madhura Kashaya
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

**Table 6: Karma of Trivrit according to different Nighantu's**

SN	Nighantu	Karma
1.	Bhavaprakasa Nighantu	Tridosahara, Kaphapittahara
2.	Raja Nighantu	Kaphapittahara
3.	Madanapala Nighantu	Kaphapittahara
4.	Madanadi Nighantu	Kaphapittahara
5.	Kaiyyadeva Nighantu	Kaphapittahara

## DRUG REVIEW - MODERN

### Taxonomical classification of *Operculina turpethum*<sup>[24]</sup>

**Kingdom** : Plantae

**Subkingdom** : Tracheobionata, vascular plants

**Superdivision** : Spermatophyta, seed plants

**Division** : Angiosperma

**Class** : Dicotyledons

**Order** : Solanales

**Family** : Convolvulaceae

**Genus** : *Operculina*

**Species** : *O. turpethum* (L.) Silva Manso

### Botanical Description

**Habitat**: It is native to tropical climate. It is widely distributed throughout India, up to an altitude of 1000 meters. Sometimes cultivated.

**Habit**: It is large perennial twinned herb with milky juice.

**Root**: The root is long, slender, 1.5 to 5 cm in diameter, fleshy and much branched, bark from the roots easily removable and only the woody portion remains after taking away the root bark. Externally it is deeply striated, brown or dark grey in color and looks like a rope.

**Stem**: Very long, twinning, much twisted together, tough and brown stem erect with three angled.

**Leaves**: Vary in shape. Ovate or oblong in shape up to 10 cm long and 7 cm broad. Leaves are simple and having alternative phyllotaxy.

**Margin**: Entire

**Base**: Cordate

**Tip**: Sub acute

**Petiole**: 2.5cm long, pubescent

**Venation**: Reticulate type

**Flowers**: Funnel shaped white colour flowers in cyme inflorescence. Cymes are regular, bisexual, hypogynous.

**Peduncles**: Stout, 2.5 to 5 cm long.

**Bracts**: large, lanceolate, pubescent reaching 2.5 cm long caduceus, often pinkish.



**Pedicles:** 0.6 to 2.5 cm long, pubescent slightly thickened upwards.

**Sepals:** Five, usually free Outer sepals upto 2.2 cm long in flower and two in number.

**Petels:** five united, funnel shaped, Twisted in bud.

**Stamens:** 5 epipetalous, alternating with petals.

**Carpals:** 2- ovary superior, disc at the base, with two celled 2 ovules in each cell.

**Filament:** Filiform.

**Anthers:** nearly 8 mm long, at length contorted; pollen not echinulate.

**Ovary:** 2 celled, glabrous.

**Ovules:** four in number.

**Style:** Filiform.

**Stigma:** 2, globose

**Fruit:** Capsule, 12 to 18mm diameter globosely enclosed in the enlarged, imbricate, Brittle calyx segments.

**Seeds:** four or less round shaped seeds, dull black in colour, glabrous and one in each cell.

#### Chemical constituents<sup>[23]</sup>

Root bark of *Trivrit* is rich in turpeth resin consisting of 10% 'turpethin' which is a glycoside. *Trivrit* also contains Turpethinic acids - A, B, C, D, & E, some ether soluble resin, volatile oil, albumin, starch, lignin salts, ferric oxide, Scopoleptin, Betulin, lupiol & beta-sitosterol.

#### Propagation and Cultivation<sup>[23]</sup>

*Trivrit* can be easily propagated seeds or layering. Hot water treatment of seeds is recommended for better germination. The seedlings are transplanted in June to July. Harvesting of roots recommended 18 months after plantation, when the resin reaches to its optimum.

**Substitutes and Adulterants:** *Marsdenia tenacissima* W.A. Besides this some other rhizome, roots, barks than those of *O. turpethum* are reported to be sold in the market under the name of *Trivrit*.

#### Pharmacological activities<sup>[23]</sup>

Anti-bacterial activity, Anti-inflammatory activity, Anti-secretory activity, Anti-microbial activity, Anti-diabetic activity, Hepato-protective activity, Cytotoxic activity.

#### Chemical Constituents

An ether insoluble glycoside-turpethin, 2 other soluble glycosides- $\alpha$ ,  $\beta$  turpethins Coumarin scopoletin along with sugars glucose, rhamnase, fructose 4<sup>1</sup>-O-methyl apigenin, luteolin & its derivative, gentisic, protocatechuic, vanillic, p-coumaric, metiolic, ferulic acids, turpethinic acids A,B,C,D & E, saponins are major components derived from various parts of this plant.

#### Toxicology

The LD<sub>50</sub> of the alcoholic extract was 1000mg/kg i.p in mice

**Useful part:** Root of the *Trivrit* is the useful part.

**Dose:** 1 to 3 grams of *Trivrit* root powder.

**Anupana:** *Jala*, *Usna Jala*, *Sarkara* and *Guda* etc.

#### 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*. It has got broad spectrum of therapeutic utility indicated in many diseases like *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* (Diabetis), *Stoulya* (Obesity), *Jwara* (Pyrexia), *Kasa* (Cough), *Swasa* (Dyspnea), *Yakrit Rogas* (Liver Disorders), *Plihavridhi* (Spleen Disorders), *Yoni Rogas* (Gynecological Problems), *Shotha* (Edema), *Grahani* (Irritable Bowel Syndrome).

It is main component in many important preparations like *Churnas* namely *Naracha Churna*, *Hapushadi Churna*, *Panchasamachurna*, *Trivritchurna*, *Haritakyadichurna*, *Hinguvadi Churna*, *Avipattikara Churna* etc., *Vati/Gutika* like *Candraprabhavati*, *Kankayana Vati*, *Abhayadi Modaka*, *Trivritadi Vati*, *Haritakyadi Modaka*, *Manibhadra Modaka*. *Ghritas* like *Bindu Ghrita*, *Naracha Ghrita*, *Maha Bhallataka Ghrita* and *Saindhavadi Taila*. *Kashaya* like *Brihat Manjistadi Kashaya*, *Rasnadi Kashaya*, *Trivritadi Kashaya*, *Pippalyadi Kashaya* and in *Kaishora Guggulu* etc.

## CONCLUSION

Thus, from above references it can be inferred that *Trivrit* is a 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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