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Study Of Administration Of Trivrut According To Season WSR To Charak Samhita-A Literature Review.”

1. Dr. Pradnya S. Patange.

HOD and Professor

Kriyasharir Department

Siddhakala Ayurved Mahavidyalaya, Sangamner.

2. - Dr. Jyoti V. Dombe

BAMS, MD (Samhita Siddhant)

Associate Professor-Samhita Siddhant

Rajashri Shahu Maharaj Ayurvedic College, Hospital and Research Centre, Buldhana

Maharashtra 443001

3. Dr. Supriya Chetan Mhatre.

BAMS, MD (Kriya Sharir)

Assistance Professor-Kriya sharir department.

Rajershi Shahu Maharaj Ayurved College,Hospital and Research Centre, Buldhana.

Abstract:

Trivrut as per season:

Trivrut kalpas refer to Ayurvedic medicinal preparations, or formulations, based on the Turpeth root plant, also known as Operculina turpethum. These formulations are widely used in Ayurveda for various health conditions, particularly for their purgative and cleansing properties. Ayurvedic texts like the Charaka Samhita, Sushruta Samhita, and Astanga Hridaya mention Trivrut and its various uses.

A concept in Ayurveda that focuses on the proper preparation, dosage, and administration of medicinal preparations, including those involving Trivrut. Some Trivrut kalpas are designed for use in specific seasons, reflecting the principles of seasonal Ayurveda.

So this article focuses on Trivrut as per season

Key words: Trivrut as per season, Samhita.

Introduction:

Trivrut as per season - Definition:

Trivrut 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 has many pharmacological actions like anti-inflammatory, anti-bacterial, Hepato-protective, Anti-diabetic, Anti-microbial etc.¹

Trivruta, Shyama, Kutarana, Tribhandi , Sarvanubhuti and Suvaha are its synonyms. In taste, it is astringent, sweet and dry. It is pungent in its post-digestive effect and is curative of Kapha and Pitta; and owing to its quality of dryness, it is provocative of Vata. This drug, when combined with drugs curative of Vata, Pitta and Kapha, acquires a special property by virtue of such pharmaceutical preparation, and is able to cure all kinds of diseases.²

Its roots are of two kinds—black and red, and the more valuable of them two is the root with the red color. It is very good for children and for delicate, aged and soft-bowelled persons. The black variety by its quick action causes stupor and loss of body-elements and fainting. By its acute quality, it causes distress in the throat and the stomach and eliminates the morbid matter quickly. It is therefore recommended for persons with excessive morbidity and for those with hard-bowelled condition.³

Objectives:

To study the Trivrut as per season in Charak samhita.

Methods:

Literature Review Method.

Different types examination:⁴

| Trivrut along with | Season |
|-----------------------------------------------------------------------------|--------|
| Indrayava, Pippaly, Vishwabheshaj | Varsha |
| Duralaba, Musta, sharkara, Udichha, chandan, Drakshambu, Satala, Yastyahwa. | Sharad |

| | |
|----------------------------------------------------------------|------------------------------|
| Chitrak, Patha, Ajaji, Vacha, Sarala, Swarnakshiri | Hemant |
| sharkara | Greeshma |
| Trayman, Hapusha, Satala, Katurohini, Swarnakshiri. Gomutra | Useful in all Rutu/Season |

Discussion:⁵

Trivrut in Varsha - Varsha rutu has predominance of Vata dosha. Most of the drugs mentioned have katu rasa, ushna & ruksha guna and are kaphavatahara in nature..

Trivrut in Sharad– As it is Pitta predominant season , drugs mentioned here are having Tikta and Madhura rasa , Ruksha, Laghu and sheeta guna and kaphapittahara property.

Trivrut in Hemanta – Drugs indicated here have Katu , Tikta rasa, Teekshna & ushna guna and are kaphavatahara.

Trivrut in Greeshma – In Greeshma rutu, bala of person will be very low. Hence Trivrut is used with equal quality of sharkara, which has Madhura rasa, laghu , sheeta guna and is sadyobalakara.

So virechana induced in this rutu will not cause any vyapath.

Trivrut in Sarvarutu – Combination of drugs mentioned here are vatakaphahara, kaphapittahara, tridosahara in nature. Therefore, used in all rutus. Rutu Trivrut or Trivrut in these combinations can be effectively used in swasta and atura.

• Clinical significance⁶

Trivrut is a highly recommended drug that has proven to be a milestone in the commencement of Virechan Karma. Trivrut is included in Virechana Dravyas and is considered Shrestha among all the Acharyas due to its variety of formulations and its use for various disease purposes. It also fulfills the ideal characteristics of medicine as per Acharya Charaka and also fits in the criteria of ideal characteristics of Shodhana Drugs. Trivrut is a remarkably effective medication that is considered the top choice for Virechana Karma

Conclusions:

1. Usefulness of Trivrut is seen in every season is highlighting in this article.
2. Trivrit (*Operculina turpethum*) is a herb with significant clinical significance in Ayurveda, particularly for Virechana (therapeutic purgation).
3. Trivrut is the preferred drug in this context as per Rutus.

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