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# Periodical Evolution of Ayurvedic Herbomineral Formulation *Tribhuvanakirti Rasa*

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## ABSTRACT

Formulation in which all the constituent drugs are taken in a *Khalva*, properly mixed and subjected to *Bhavana* (levigation) with some indicated herbal media for specific times (for specific preparation) to achieve the final product without heating is known as *Khalviya Rasayana* (preparation with mortar and pestle). *Tribhuvanakirti Rasa* is a well-known *Kharliya Rasayana*. The aim of the present study is to compile all textual references of *Tribhuvanakirti Rasa* and to analyze them in comparative manner in terms of their composition, method of preparation, dose, indication, and contribution of various texts regarding these particular formulations. Through different texts 4 formulations have been describe, among all formulations termed as *Tribhuvanakirti Rasa* have been quoted by most seers, but only in the Rasaprakash Sudhakara was mention as *Udarghna Rasa*, and are well acclaimed for their antipyretic effect. *Tribhuvanakirti Rasa* containing *Shodhita Hingula* (purified cinnabar), *Shodhita Vatsanabha* (purified *Aconitum ferox* (Linn.)), and *Shodhita Tankana* (purified Borax) etc. as ingredients are used in *Jwara* (Fever) and the one with *Tamra* (Copper), *Gandhaka* (Sulphur) and *Parada* (Mercury) is indicated in *Udar Roga* (abdominal diseases).

**Key Words** *Kharliya Rasayana*, *Tribhuvanakirti Rasa*, *Bhavana*, Ayurved, Rasashastra

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## INTRODUCTION

In the *Chikitsa Chatuspada* (four pillars of treatment) after the *Chikitsaka* (physician), *Oushadhi* (medicine) is said to be the second important part and it is considered as the main tool by which one can perform his duty of treating the patients.<sup>1</sup> *Rasashastra* deals with knowledge of alchemy (*Lohavada*) and pharmaceutical process like *Ashtavidha samskar* of *Parada* (Eight

*Samskar* of mercury), processing of different metals, minerals, calcium substances and poisonous herbal drugs with therapeutic parameters - viz dose, duration, indication, and contraindication were mentioned.<sup>2</sup> *Kharaliya Rasayana* are one among the important formulations of *Rasaushadhi* which contain the herbo-mineral complex, these combination together will have synergistic actions The



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formulations which are completely prepared and obtained as end products in *Khalvayantra* by the act of rigorous trituration, they are called as *Kharaliya* or *Khalviya Rasayana*. Whenever a *Khalviya Rasayana* is prepared it needs rigorous trituration. Here trituration may be defined as the act of reducing a drug to a finer state of subdivision in a mortar and pestle manually or with a mechanical device. The act of trituration of a drug with any liquid not only reduces the drug particles to a finer state of subdivision but also facilitates the breakage and reunion of bonds in the material triturated. As a result of which we find an entirely different compound formulation by the end of total trituration.<sup>3</sup> Hence, these herbo-mineral formulations are the most required type of formulation in present era. *Tribhuvanakirti Rasa* is one among them used by our practitioners to treat *Kaphavattaja Jwara* (fever), *Kasa* (cough), *Swasha* (asthma), and *Sannipataj Jwara* (fever), *Udaroga* (abdominal diseases), Thus present study is an attempt to compile texts reference of *Tribhuvanakirti Rasa* formulation in literature in order to have better understanding of these formulations in terms of their composition, *Rasapanchaka*, *Bhavana dravya* (specified levigation), indication, and dose and *Anupana*.

## MATERIALS AND METHODS

Reference of *Tribhuvanakirti Rasa* will be reviewed and compiled from various *Rasa* texts and online data information, also compiled and studied research work conducted at various institute.

### Literary review of *Tribhuvanakirti Rasa*-

In *Rasa Granthas* 4 types of *Tribhuvanakirti Rasa* are mentioned. The pioneer who described this formulation was as quoted in *Rasaprakash Sudhakar*<sup>4</sup> in *Udar rogadhikar*, as a named *Udarghna Rasa* which was later followed by other authors of *Rasasashtra* text; -owing to its importance various authors have described the *Tribhuvanakirti Rasa* name of formulation with different ingredients with different *Bhavana dravyas* in *Jwara* and *Udar Rogadhikara*.

#### **Formulation- I (Tribhuvanakirti Rasa)**

Method of preparation – *Kharaliya* method

Ingredients - *Shodhita Hingula*, *Shodhita Vatsanabha*, *Trikatu*, *Shodhita Tankan*, *Pippalimoola*.

*Bhavana* – *Swarasa* of *Tulsi patra*, *Adraka*, *Dhatu patra* – each 3 times.

Indication - *Sannipataj Jwara*

References – *Yogratnakar*<sup>5</sup>, *Rasa Chandanshu*<sup>6</sup>, *Nighantu Ratnakar*<sup>7</sup>, *Rasa Tantrasar evam Shidhaprayog Sangraha*<sup>8</sup>. *Bharta Bhaishajya Ratnakar*<sup>9</sup>, *Rasyoga Sagar*<sup>10</sup>, *Bhaishajya Ratnawali*<sup>11</sup>.

#### **Formulation - II (Tribhuvanakirti Rasa)**

Method of preparation – *Kharaliya* method

Ingredients - *Shodhita Hingula*, *Shodhita Vatsanabha*, *Trikatu*, *Shodhita Tankan*, *Pippalimoola*.

*Bhavana* – *Swarasa* of *Tulsi patra*, *Adraka*, *Dhatu patra*, *Nirgundi patra* - each 3 times.

Indication - *Jwara*

References - *Rasaamrut*<sup>12</sup>, *AFI*<sup>13</sup>.



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**Formulation III (Udarghna Rasa/ Tribhuvanakirti Rasa)**

Method of preparation – *Putra* method

Ingredients - *Shodhita Tamra, Shodhita Gandhaka, Ruchaka (Shandhava Lavana), Shodhita Parada*

*Bhavana*- *Swarasa* of *Nirgundi patra* - 3 to 4 days

Indication - *Udar Vyadhi*

References - *Rasprakash Sudhakar*<sup>4</sup>, *Rasa Chandanshu*<sup>6</sup>.

**Formulation - IV (Tribhuvanakirti Rasa)**

Method of preparation – *Putra* method

Ingredients – *Mukta Bhasma , Swarna bhasma, Shodhita Hingula, Shodhita Vatsanabha, Shodhita Tankan, Trikatu.*

*Bhavana*- *Swarasa* of *Chitraka swarasa* – 3 hour

Indication – *Jwara, Grahani, Kshaya, Atisara, Vata roga, Meha, Kasa.*

Reference - *Rasyoga Sagar*<sup>10</sup>.

*Tribhuvanakirti Rasa* has been described by many authors under different context of *Rasashastra* with different ingredients (Table number 1), *Rasapanchaka* (properties of all ingredients) of the different ingredients (Table number 2) and *Bhavana dravya* (levigation herbs) (Table number 3). Dose, *Anupana* (vehicles), and Indication of

different *Tribhuvanakirti Rasa* are mentioned in Table number 4. Considering their constituents they can broadly classified under *Jwara rogadhikar*.

**Review of Research work done on Tribhuvankirti Ras**

1. *Devendra et al* concludes that this study showed none of the sample was found to be contaminated with aerobic bacteria in prescribed limit.<sup>25</sup>
2. *Ganesh et al* concludes that this case study showed that *Tribhuvanakirti Rasa* balances *Sannipatika jwara* and is very effective in the management.<sup>26</sup>
3. *Dubey Nidhi et al* conclude that self-prepared *Tribhuvanakirti Rasa* is said to be safer than market sample of *Tribhuvanakirti Rasa*.<sup>27</sup>
4. *R. G. Agrawal et al* concludes that all the samples were analyzed for organoleptic characters and total percentage of ash, mercury, sulphur, borax, alkaloid and oil contents before and after *Bhavana* TLC studies of other extract of *Vatsanabha* with that of final product showed one spot  $R_f$ -0.86; maternal 23% ammonium hydroxide 34:24:1 confirming the present of *Vatsanabha* in the final product<sup>28</sup>.

**Table 1** Table of ingredients of all *Tribhuvanakirti Rasa*

Ingredients	R.P.S	N. R.	Y.R.	R. Cha.	B.R.	R.A.	B.B.R.	R.T.S.S.	R.Y.S.
<i>Shodhita Hingula</i>	-	+	+	+	+	+	+	+	+
<i>Shodhita Vatsanabha</i>	-	+	+	+	+	+	+	+	+
<i>Sunthi</i>	-	+	+	+	+	+	+	+	+
<i>Maricha</i>	-	+	+	+	+	+	+	+	+
<i>Pippali</i>	-	+	+	+	+	+	+	+	+
<i>Shodhita Tankan</i>	-	+	+	+	+	+	+	+	+



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<i>Pippalimoola</i>	-	+	+	+	+	+	+	+	-
<i>Tamra</i>	+	-	-	+	-	-	-	-	-
<i>Bhasma</i>									
<i>Shodhita Gandhaka</i>	+	-	-	+	-	-	-	-	-
<i>Ruchaka</i>	+	-	-	+	-	-	-	-	-
<i>Shodhita Parada</i>	+	-	-	+	-	-	-	-	-
<i>Mukta Bhasma</i>	-	-	-	-	-	-	-	-	+
<i>Swarna Bhasma</i>	-	-	-	-	-	-	-	-	+

(R.P.S. -Rasa Prakash Sudhakara, N. R. -Nighantu Ratnakara, Y.R.- Yogaratanakar, R.Cha.-Rasachandanshu, B.R.- Bhaishajya Ratnawali, R.A.- Rasamruta, B.B.R.- Brihat Bhaishajya Ratnakar, R.T.S.S.- Rasa Tantra Sara evam Shidhaprayog Sangraha, R.S. - Rasayog Sagar.)

**Table 2** Rasapanchaka of the different ingredients of Tribhuvanakirti Rasa

Ingredient	Rasa	Guna	Virya	Vipaka	Karma	Prabhava
<i>Shodhita Hingul<sup>14</sup></i>	Tikta, katu, kasaya	Usna	Ushna	Katu	Deepana, Rasayana, Vajikara, Agnivaradhana, Netramayaghna, Rucya	-
<i>Shodhita Vatsanabha<sup>15</sup></i>	Madhura	Laghu, Tikсна, Vikasi	Ruksa, Vyavayi,	Ushna	Katu	Vatakaphahara, Rasayana Jvarahara, Jangama Vishaara, Madakari, Kusthaghna
<i>Sunthi<sup>16</sup></i>	Katu	Guru, Tikсна	Ruksa,	Ushna	Madhura	Vata-kaphahara, Deepana, Bhedana
<i>Maricha<sup>17</sup></i>	Katu	Laghu, Tikсна	Ushna	Katu	Kapha vatahara, Avrishya, Deepana, Pramathi	-
<i>Pippali<sup>18</sup></i>	Katu	Laghu, Snigdha	Ushna	Madhura	Vata Sleshmahara, Deepana, Vrishya, Rasayana	-
<i>Pippalimoola<sup>19</sup></i>	Katu	Laghu, Snigdha	Ushna	Katu	Vata Sleshmahara, Deepana, Pachana, Bhedana	-
<i>Shodhita Tankana<sup>20</sup></i>	Katu, Lavana	Laghu, ruksa, Tikсна	Ushna	Katu	Kaphavatashamaka	-
<i>Tulsi<sup>21</sup></i>	Katu, Tikta	Laghu, Ruksa,	Ushna	Katu	Kapha-vatahara, Deepana, Krimighna, Putigandhahara	-
<i>Adraka<sup>22</sup></i>	Katu	Guru, Ruksa, Tikсна	Ushna	Madhura	Vata-kaphahara, Deepana, Bhedana	-
<i>Dhatu<sup>23</sup></i>	Tikta, Katu	Laghu, Ruksa,	Ushna	Katu	Kaphavatahara, Visaghna, Kasahara	-
<i>Nirgundi<sup>24</sup></i>	Katu, Tiksa	Laghu, Ruksa	Ushna	Katu	Vata-kaphahara, Chakuhsya, Keshya, Krimighna, Vranaropana	-

**Table 3** Table of Bhavana dravyas of all different Tribhuvanakirti Rasa

Bhavana dravya	R.P.S	N. R.	Y.R.	R. Cha.	B.R.	R.A.	B.B.R.	R.T.S.S.	R.Y.S.
<i>Tulsi patra</i>	-	+	+	+	+	+	+	+	-
<i>Adraka</i>	-	+	+	+	+	+	+	+	-
<i>Dhatu patra</i>	-	+	+	+	+	+	+	+	-



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<i>Nirgundi patra</i>	+	-	-	+	-	+	-	-	-
<i>Chitraka</i>	-	-	-	-	-	-	-	-	+

(R.R.S.- *Rasa Prakash Sudhakara*, N.R.- *Nighantu Ratnakara*, Y.R.- *Yogaratanakar*, R.Cha.- *Rasachandanshu*, B.R.- *Bhaishajya Ratnawali*, R.A.- *Rasamruta*, B.B.R.- *Brihat Bhaishajya Ratnakar*, R.T.S.S.- *Rasa Tantra Sara evam Shidhaprayog Sangraha*, R.S.- *Rasayog Sagar*.)

**Table 4** Table of Dose, Anupana, and Indication of different Tribhuvanakirti Rasa -

S. no.	Reference	Dose	Anupana	Indication
1	<i>Yogaratanakar</i> <sup>5</sup>	1 Ratti	<i>Adraka swarasa</i>	<i>Jwara</i>
2	<i>Rasa Chandanshu</i> <sup>6</sup>	1 Gunja	<i>Adraka swarasa</i>	<i>Jwara</i>
3	<i>Nighantu Ratnakar</i> <sup>7</sup>	1 Gunja	-	<i>Visham jwara</i>
4	<i>Rasaprakash Sudhakar</i> <sup>4</sup>	3 Ratti	<i>Madhu and Tambula patra</i>	<i>Udar roga</i>
5	<i>Ras Chandanshu</i> <sup>6</sup>	1 Valla		<i>Udararoga</i>
6	<i>Rasa Yoga Sagar</i> <sup>10</sup>	1-3 Ratti	<i>Madhu, Pippali</i>	<i>Jwara, Navin Grahni, Sannipataja Atisara, Prameha, Kasha.</i>
7	<i>Rasamruta</i> <sup>12</sup>	1 Ratti	<i>Adraka, and Madhu, Tulsi swarasa and Madhu, Bilva patra, Jawrahghna mahakasaya.</i>	<i>Jwara</i>
8	<i>Bhaishajya Ratnawali</i> <sup>11</sup>	½- 1 Ratti	<i>Adraka, Madhu</i>	<i>Sarva Jwara</i>

**DISCUSSION**

Rasaprakash Sudhakara was the pioneer depicting this formulation (*Tibhuvanakirti Rasa*) from 12<sup>th</sup> century as a named *Udarghna Rasa*. In almost every century name *Tribhuvanakirti Rasa* was mentioned by many authors. On observing the literature it is evident that use of *Tribhuvankirti Rasa* is seen in almost every century of *Rasa Shastra* texts and among all *Acharyas*. All *Acharyas* was mentioned different ingredients in the formulations, someone addition, someone reduction of ingredients in the formulations. There are 4 formulations of *Tribhuvankirti Rasa* in *Rasa Granthas* out of which first and second are mentioned by majority of the authors. Among all these formulations *Shodhita Parada*, *Mukta Bhasma*, *Swarna Bhasma*, and *Shodhita Gandhaka* are included in the composition and

also mentioned importance of *Bhavana dravyas*, some composition are having *Bhavana* with *Nirgundi swarasa*, and some are *Chitraka swarasa*. In current scenario, 1<sup>st</sup> and 2<sup>nd</sup> formulations are widely used by Ayurvedic physicians in day to day clinical practice. In the 2<sup>nd</sup> formulation *Bhavana* is done using *Nirgundi swarasa* which acts as *Angamarda prashamana* which in turn helps in reducing the same in *Jwara*. The 3<sup>rd</sup> and 4<sup>th</sup> formulation contains *Shodhita Parada*, *Mukta Bhasma*, *Swarna Bhasma*, and *Shodhita Gandhaka* also among ingredients and thereby chances are there that it may be more effective in *Udar*, *Jwara* and other diseases which is included in *Phalashruti*. But this formulation is not much used in clinical practice. So to know more about the safety and therapeutic efficacy of this formulation in current scientific view,



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researches have to be done on this platform. In the 4<sup>th</sup> formulation *Chitraka* is an ingredient. *Agnimandya* is a main symptom associated with *Jwara*, *Chitraka* acts as *Amapachaka* and *Agnideepana* that is why the 4<sup>th</sup> formulation is also included here. *Bhavana* plays a significant role in effective drug delivery and thus contributing in efficacy of drug. Thus *Bhavana Dravyas* are important in enhancing the safety and efficacy of active ingredients in the formulation of *Tribhuvanakirti Rasa* and in treatment of *Kaphavattaja Jwara*, *Kasa*, *Swasha*, and *Sannipataj Jwara*. Total 4 formulation of *Tribhuvankirti Rasa* have been mentioned in *Rasa Granthas* compendium and texts observing closely to each formulation suggest that each *kalpa* contain *Deepana*, *Pachana*, and *Agnivardhan Dravyas* and *Vat Kaphahara*.

for the management of *Kapha Vataj Vikara* (disorder).

## CONCLUSION

With the name of *Tribhuvanakirti* 4 formulations have been observed in texts. *Tribhuvankirti Rasa* possesses significant efficacy and effective drug according to the basis of classical references. And most of the ingredients claimed *Katu*, *Tikta* in *Rasa*, *Ushna* in *Virya*, *Katu* in *Vipaka*, *Deepana*, *Agnivardhaka*. *Tribhuvanakirti Rasa* containing *Shodhita Hingula*, *Shodhita Vatsanabha*, and *Shodhita Tankana* as ingredients are used in *Jwara* and the one with *Tamra Bhasma*, *Shodhita Gandhaka* and *Shodhita Parada* is indicated in *Udar Roga*. In the *Rasa Granthas* it is mentioned under *Jwara roga adhikara*. It has broad activity





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