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A Review of *Trikatu* in Different *Vyadhi Avastha*

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ABSTRACT

Ayurveda has mentioned so many formulations on different diseases. Each formulation is having *Ras*, *Guna*, *Veerya* and *Vipaka* as its properties. According to that properties, mode of action of that particular formulation, can be determined in that particular disease. *Trikatu* is one of them, it contains three herbal drugs i.e. *Sunthi* (*Zinziber officinalis*), *Marich* (*Piper nigrum*), and *Pippali* (*Piper longum*). It acts mainly on *Shwas* (Asthma), *Prameha* (Diabetes), *Twak roga* (Skin diseases), *Sleepad* (Elephantitis), *Medoroga* (Obesity), and *Pinas* (Rhinitis). *Trikatu* acts only in specific situation of dosha dominating. Also, *Trikatu* is adtableded in many Ayurvedic polyherbal formulations in such a quantity that it will be sufficient to enhance the bioavailability of the main ingredients of that formulation by acting through various mechanisms.

KEYWORDS

Ayurvedic, Trikatu, Vyadhi avastha.



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INTRODUCTION

Ayurveda has mentioned lot of formulations on different diseases. Every formulation has Ras, Guna, Veerya and vipaka as its properties. According, to its property mode of action of that individual formulation, is determined in this explicit illness. Trikatu is present in each one of them, it contains 3 medicines i.e. Sunthi (*Zingiber officinalis*), Marich (*Piper nigrum*), and Pippali. It acts principally on Shwas (Asthma), Prameha (Diabetes), Twak roga (Skin diseases), Shleepad (Elephantitis), Medoroga (Obesity), Galaroga (throat infections) and Pinas (Rhinitis). although this drug together act on these diseases acts solely during a specific scenario of dosha dominating. typically it's not acting in this same illness during a specific condition.

Pippali is well known for its immunomodulatory action and rejuvenating effect on the digestive and respiratory system. *Sunthi* is one of the best herbs which rejuvenate the whole body, this is the reason it is also called as *Vishvabhaishjya* which means the medicine of the world. *Maricha* is said to have *Pramathi Guna* i.e., it forcefully expels out the toxins from the body. Hence, our *Acharyas* incorporated *Trikatu* in numerous *yogas* (formulations) keeping in view on its

multidimensional action. we have chosen “*Trikatu*” as a part of the description since it is well known and easy to study.

TRIKATU –

Trikatu is an Ayurvedic formulation comprising of 1:1:1 ratio of *Pippali* (*Piper longum*), *Marich* (dried fruits of *Piper nigrum*), and *Sunthi* (dried rhizomes of *Zingiber officinale*). These drugs together are termed as “*Trikatu*” when taken in equal proportion



Trikatu

Figure 1 Formulation of *Trikatu churna*

Table 1 Contents of *Trikatu churna*.

S. No	Name	Botanical name	Part used	Quantity
1.	Pippali	Piper longum Linn.	Dried Fruit	1 Part
2.	Marich	Piper nigrum Linn.	Dried Fruit	1 Part
3.	Sunthi	Zingiber officinale Rosc.	Dried Rhizome	1 Part

पिप्पली मरिचं शुण्ठी त्रिभिस्त्रूषणमुच्यते । ... शा.

सं. म. ६/१२

पिप्पली मरिचं शुण्ठी त्रयमेतद्विमिश्रीतम् ।

त्रिकटू त्रूषणं व्योष कटुमथोच्यते ॥ ... यो. र.



METHOD OF PREPARATION

Equal quantities of all the three drugs, dried fruits of *Piper longum* Linn. (Long Pepper), *Piper nigrum* (Black Pepper), and dried rhizomes of *Zingiber officinale* are finely powdered separately in a mortar pestle or grinder. The fine powders of individual herbs are weighed in equal quantities and mixed properly. This mixture of powders is then sieved through sieve no. 80 to get an extra fine powder which has more therapeutic value due to more surface area.

Dosage

Ayurvedic texts prescribe 1–3 g of Trikatu churna to be consumed with honey to mask the bitter taste or warm water for maximum therapeutic benefits.

The Action of Trikatu on Dosha- Dhatu- Mala =

Action on Dosha = *Vata* – *Anulomana* (pacifies)

Pitta – *Vardhana* (increases)

Kapha – *Nashana* (destroys)

More useful where *Kapha* vitiation involves *Jala mahabhut* (water element).

Action on Dhatu – It is a best *deepan* drug in *rasa-rakta-meda dhatu* where *kapha* is dominant. It performs the action of *dhatvagni deepana* (digestive fire increases). *Rasa-meda-majja-shukra dhatu*

nashana (decreases). It does not have any action on *Asthi dhatu*.

Action on Mala – *Sweda, mutra and purish all mala are decreased by Trikatu action.*

Gamitva – *Raktagami.*

Action on Organs – Liver, Spleen, Lungs. Because all these three have their origin from *Rakta dhatu*. Their *Panchabhautika* formation is similar.

Avastha/ stage – *Mandagni – Shreshtha* (best)

Tikshagni – contraindicated

Vishmagni – to be administered along with *Sneha*

Samagni – not to be used daily.

Classical references of Action of Trikatu

=

दीपन श्लेष्ममेदोघ्नं कुष्ठपीनसनाशनम् ।

जयेदरोचक सामं मेहगुल्मगलामयान् ॥

त्र्यूषणं दीपनं हन्ति श्वासकासत्वगामयान् ।

गुल्ममेह कफस्थौल्य मेदश्लीपद पीनसान् ॥

...शा.सं. ६/१२

In the above reference, the action of *Trikatu* as per classical literature is enlisted. Even so, it is essential to decide where *Trikatu* is to be used and where it should be avoided. Hence, the stage of the disease should be finalized before administering *Trikatu*.

Table 2 Properties of Trikatu Churna

Name	Synonyms	Pharmacological properties	Therapeutic action	Formulation
<i>PIPPALI</i>	<i>Kana,</i>	<i>Rasa-katu.</i>	Used in toothache,	<i>Trikatu churna,</i>



	<i>Krushna, Kala, Tikshna, Tandula</i>	<i>Vipaka-madhura Virya-ushna Guna-laghu</i>	asthma, cholera, indigestion, stomachache, fever etc.	<i>guda pippali</i>
ADRAKA/ SUNTHI	<i>Nagara, Vishwa, vishwabheshaja, katubhadra</i>	<i>Rasa – katu. Vipaka- madhur. Virya- ushna Guna – laghu. Dosha karma- kapha- vata shamak.</i>	Abdominal pain, Anorexia, Indigestion, Oedema, Arthritis, Colitis	<i>Panchaka Churna, Samasarkara Churna</i>
MARICH	<i>Ushana, Dhanvantari, Dharmapattana, Vellaja</i>	<i>Rasa –katu Vipaka-katu Virya –ushna Guna–tikshna ,laghu. Dosha karma- Kapha-vatahara</i>	Appetizer, Carminative and Antimicrobial	<i>Trikatu churna, Marichadi taila, Talisadi churna</i>

Table 3 Ayurvedic formulations containing *Trikatu*

S. No.	Formulation	Indication
1.	<i>bheshajakalpand</i>	Gulma, Indigestion, Visuchika
2.	<i>Vyoshadi gutika</i>	Chronic sinusitis, cough
3.	<i>Vasavyagriharitaki</i>	<i>Kasa</i> (Cough) and <i>pratishyaya</i> (Rhinitis)
4.	<i>Arkadi kwatha churna</i>	<i>Pinas</i> (Cold), <i>kasa</i> (cough)
5.	<i>Avipattikar churna</i>	<i>Amlapitta</i>
6.	<i>Chandraprabha vati</i>	<i>Disease of genito-urinary system</i>
7.	<i>Astangavleha</i>	<i>kasa</i> (cough) and <i>Shwas</i> (Asthma)
8.	<i>Shrugyadi churna</i>	<i>Asthma, cough</i>
9.	<i>Vadavanal churna</i>	<i>Gulma, indigestion</i>
10.	<i>Bhasker lavan</i>	<i>Gulma, indigestion</i>
11.	<i>Kankayan gutika</i>	Gulma , Abdominal pain
12.	<i>Eranda paka</i>	Shoth (Edema), Mutrakruhh (Urinary system problem)
13.	<i>Panchnimba churna</i>	<i>Twak vikara</i> (Skin diseases)
14.	<i>Haridra khand</i>	<i>Urticaria, Skin diseases</i>
15.	<i>Puga khand</i>	<i>Agnimandya</i> (Dyspepsia) , <i>Arsha</i> (Bleeding haemorrhoids)
16.	<i>Chittrakadi gutika</i>	Grahani, Gulma, Abdominal pain
17.	<i>Sarasvata churna</i>	Apsmar (Epilepsy)
18.	<i>Punarnava guggulu</i>	Vatrakta (Gout) and Scrotal swelling
19.	<i>Ashwagandhadi churna</i>	<i>Tridosha vyadhi</i>
20.	<i>Yogaraj guggulu</i>	Vatavyadhi
21.	<i>Dadimashtaka churna</i>	Malabsorption syndrome
22.	<i>Kaishor guggulu</i>	Kushth, Vatarakta, Diabetes
23.	<i>Gokshuradi guggulu</i>	Dysuria, suppression of urine
24.	<i>Kanchnar guggulu</i>	Goitre, cervical adenitis
25.	<i>Vyaghri tail</i>	Nasal disorders
26.	<i>kumariasav</i>	Hepatic disorder, loss of appetite
27.	<i>ashwagandharishta</i>	<i>Vatavyadhi, epilepsy, mental disorders</i>
28.	<i>amrutarishta</i>	<i>Chronic fever, diabetes, hepatic disorders</i>

So, we will discuss *Trikatu* based on the following disease – *Shwas, Kasa, Prameha,*

Twak rog, Shleepad, Medrog, Pinas. Ugar, galaroga, Gulma.

- ***Shwas* (difficulty in breathing) =**



Samprapti – कफोपरुद्धगमनः
पवनोविष्वगास्थितः ।

प्राणोदकान्नवाहीनि दुष्टःस्त्रोतांसि दूषयन् ॥
उरस्थः कुरुते श्वासमामाशय समुद्भवम् ॥ ..मा.नि.
श्वास.रोग.

Shwas, being a *Kapha* dominant disease, *Trikatu* is mainly used in it. Among the five types of *Shwas* mentioned *Tamaka-shwas* being *kapha* dominant (*tamakstu kaphadhika:/ ma.ni.*).

Tamaka-shwas (Asthma) being *Kapha* dominant, it causes a blockage in the movement of *Prana* and *Udana vayu* thus affecting inhalation and exhalation. In this, disease the vitiation of *kapha* is due to the increase in the *guru, mand, sheet, Snigdha, drava* characteristics. All food and activities involving the above characteristics lead to the continuation of the disease.

Trikatu is useful in asthma, breathing problems and because of *Trikatu's* hot potency, it balances *Kapha* and *Vata doshas*. The three ingredients of *Trikatu* are *Kaphanashana* (decreases *kapha dosha*) and expectorant. This makes *trikatu* effective against respiratory infection.

In *Chhinna Shwas* and *Mahashwas* *Trikatu* is contraindicated. Because *Chhinna shwas* is a *vayu* dominant type thus use of *Trikatu* yields no results. In *Mahashwas*, *Prana*

vayu vitiated symptoms seen, thus *Trikatu* use is contraindicated. Whereas *Trikatu* can be given in *Urdhwa shwas* only in the acute stage.

• **Kasa (Cough) =**

Samprapti – प्राणो ह्युदानुगतः प्रदुष्टः सं
भिन्नकास्य स्वनतुलाघोषः ।

निरेति वक्रात्सहसा सदोषो मनिषिभिः कास इति
प्रदिष्टः ॥ ..मा.नि.

Symptoms of *Kaphaj kasa* –

Angagaurav (heaviness in body) and *angamard* (body ache) symptoms in *kasa* are due to *Kaphavruta-vyan*. And so in *Kasa*, dysfunctioning is seen in organs like heart, lungs. This is due to *Guru guna* of vitiated *kapha dosha*. Hence, *Trikatu* is useful in this case due to its *Laghu guna*.

Aruchi (Anorexia) symptom seen due to *Kaphavrut-prana, rasadushti*. So, *Trikatu* being *Kaphghna* (decreasing *kapha*) is used. *Kandu* (Itching) symptom is due to the localized accumulation of *Kapha* which is caused due to restriction of movement of *vata* by vitiated *kapha*. Here, *Trikatu* used for *Kapha lekhan* (scrapping *kapha*). *Trikatu* is to be used in *nutan kasa* (newly diagnosed cough). It should not be given in chronic *kasa*. It is contraindicated in all stages of *Pitta* and *pittaj kasa*. It is contraindicated in *Kshataj* and *kshayaj kasa*. Also, contraindicated in *shushka kasa*



(dry cough) and 'kshin balasvar-udana vayu kshinavstha' condition.

The vitiation is due to *guru*, *pichhil* and *shit* characteristics and hence *Trikatu* is given.

• **Prameha (Diabetes)=**

मेदश्च मांसं च शरिरजं च क्लेदं कफो बस्तिगतं प्रदुष्य ।

करोति मेहान् समुदीर्णमुष्णैस्तानेव पित्तं परिदुष्य चापि ॥

क्षीणेषु दोषेष्ववकृष्य बस्तौ धातुन् प्रमेहाननिलः करोति ।

दोषोहि बस्तिं समुपेत्य मुत्रं सन्दुष्य मेहान्जनयेद्यथास्वम् ॥ ..च. चि. ६

Due to etiological factors vitiated *kapha* reaches out to various *dooshyas* like *rasa* (plasma), *rakta* (blood), *mamsa* (muscles), *meda* (fat), *lasika* (lymph), *vasa* (lipids), and *majja* (bone marrow). *Dooshyas* (Body fluids) which got vitiated draw them to the urinary bladder and produces *prameha*.

Prameha chikitsa (treatment) is classified as *Santarpanjanya* and *Apatarpanjanya*.

Prameha being a generalized disease, it affects *rasa* (plasma), *rakta* (blood), *mamsa* (muscles), *meda* (fat), *lasika* (lymph), *vasa* (lipids), and *majja* (bone marrow). *Trikatu* acts better when the vitiation of *rasa*, *rakta* and *meda dhatu* is more due to *its ras*, *vipaka*, *veerya* and *guna*.

Trikatu being *ruksha guna* is contraindicated in *apatarpanjanya*

prameha (caused by loss of *dhatu* from body) and is used in *santarpanjanya prameha* (caused by overeating).

Trikatu is specifically useful in *Kapha* dominant stage of *santarpana prameha*. Even on that, it is of more therapeutic importance *Kapahavruta vyan* and *Kaphavrut udana*.

Prabhootha mutrata (Poly uria), *Avila mutrata* (Turbid Urine) and *Medo dushti lakshanas* are the main symptoms of *prameha*. *Avilata* (turbidity) is related to the colour of the urine. When there is an increase in *guru guna* of urine, turbidity in urine is seen. Increased frequency of urination in *prameha* is due to specific increase in *drava* and *snigdha guna*. And so, by default *chalatva* and *shitatva* increases. Due to raise in these *gunas*, increased urination is seen.

Trikatu possess the opposite *gunas* and hence useful. Along with this, to increase *rukshata* the quantity of *shunti* should be taken less and *pippali* should be taken in higher quantity for quick and increased relief in *prameha*. *Trikatu* with *vanga* (tin) mixture is very useful for increasing *Rukshata* in *prameha*.

• **Medorog (obesity) =**

Increased *sweating* (perspiration), *daurgandhya* (unpleasant smell), shortness of breath are symptoms seen in *medorog*. Hence, for *meda lekhana* (fat scrapping),



Trikatu is used since it contains absolute opposite properties and also Stimulates metabolism, better digestion of fats, protein & thus helps to reduce obesity. It also stimulates the stomach to produce different enzymes. Hence it helps indigestion. It is useful in improving digestive fire and promotes the proper breakdown of food and it also increases appetite.

- **Shleepad (elephantitis) =**

In *shleepad*, localized *prithvi mahabhut* (earth element) dominant *Kapha* accumulation and obstruction of lymph vessels are present. *Shleepad* is of two types viz. *Uttan* and *Gambhir*.

In *kaphaj shleepad*, *Trikatu* churna is very useful. *Trikatu* is contraindicated in the presence of *Prithvi mahabhut* (earth element) dominant symptoms.

- **Twak vikar (Skin diseases) =**

Trikatu is useful in *prithvi mahabhut* (earth element) dominant *Kaphaj Kushtha*.

Kshudra-kushtha includes *vicharchika*, *pama* etc. In these diseases, there is an increase in *drava*, *Snigdha*, *guru*, *sthir*, *mand*, *shit guna*. *Trikatu* has opposite actions as compared to the above-mentioned *guna*. *Trikatu*, when used as a local application by rubbing on the affected surface yields good results.

Intake of *Trikatu* together with *Haritaki* (*Terminalia chebula* L.), Jaggery and Til

tail (sesame oil) for 1-month cures skin diseases.

- **Pinas (rhinitis) =**

Pinas is primarily due to *sama vayu*, *sama kapha* and *pranavrut udana*. In *pinas*, when *kaphaj nasanaha* (nose block) is present, *Trikatu* is useful for *chhedan* (excision) of *sama kapha*.

In *pinas*, *kleda* (waste) gets accumulated in the nasal track. Here, there is vitiation of *Pichhil*, *Snigdha*, *Sandra guna* of *kapha*. *Trikatu* possessing opposite attributes is useful in this case.

Anosmia is due to *kaphavrut prana*, in this, *Trikatu* does the *lekhan* (scrapping) of *kapha*.

In *Amavastha* stage, *shirogaurav* (heaviness of head), *aruchi* (anorexia), *nasastrava* (secretions from nose) and *lalastrava* (salivation) are seen. This is due to *prithvi mahabhut* (earth element) dominant *sama kapha*. *Trikatu* is useful in *kapha* dominant *vikruti* as absorbent but, is contraindicated in thin watery secretions seen in *vataj vikruti*.

- **Udara (Ascites) =**

Ascites is the accumulation of fluid in the peritoneal cavity, causing abdominal enlargement. Treatment of *Udara* (Ascites) depends on its underlying cause.

In *Kaphaj udara*, *sneharahit takra* (fat-free buttermilk) added with *Yavani*



(*Trachyspermum ammi*), Rock salt, cumin seeds (*Cuminum cyminum*) and *Trikatu* is administered.

In *pittaja udara*, *Takra* (buttermilk) along with *Trikatu churna* is used.

In *sannipatika udara* (Ascites due to all three doshas), *Takra* (buttermilk) along with *Trikatu churna*, *Yavakshara* (*Hordeum vulgare*) and rock salt is given.

- **Gulma:** *Trikatu churna* pacifies vitiated *vata dosha* which is the main reason for *Gulma* (abdominal tumour), bloating. In *pittaj*
- **Galaroga:** *Trikatu* pacifies aggravated *kapha* in the respiratory tract. Hence, useful in *Galaroga* (throat infection) and diseases.

CONCLUSION

In *Ayurveda*, *Trikatu* is known as Heating Formulation. Its hot potency promotes *jatharagni* (digestive fire) which improves the digestion and metabolism. *Trikatu* enhances bioavailability. *Pippali* is well known for its immunomodulatory action and rejuvenating effect on the digestive and respiratory system. *Sunthi* is one of the best herbs which rejuvenate the whole body, this is the reason it is also called as *Vishvabhaishjya* which means the medicine of the world. *Maricha* is said to have *Pramathi Guna* i.e., it forcefully expels out the toxins from the body. Hence, Our

Acharyas incorporated *Trikatu* in numerous *yogas* (formulations) keeping in view on its multidimensional action.

When there is *Kapha* dominance due to *jaliya mahabhut* (water element), *Trikatu* is used as per season and time. *Trikatu* has excellent action on *Jala mahabhut* (water element) dominant diseases of liver, spleen and lungs. It has effective results in respiratory problems due to bronchodilator properties. The three ingredients are warming and expectorant. This makes *trikatu* effective against respiratory infection. It also stimulates the stomach to produce various enzymes. Hence it helps in digestion and also in improving digestive fire. Hence, It is recommended for poor digestion and poor appetite. It is also used to lower the cholesterol and triglycerides which is helpful in healthy heart. *Trikatu churna* also has detoxifying properties. It is very useful in joints pain and stiffness in case of gout.

Apart from traditionally known health benefits *Trikatu* also possesses antimicrobial activity, anticancer activity, antioxidant activity, antidiabetic activity, nephroprotective activity, hepatoprotective activity, Antihelminthic activity, larvicidal activity, analgesic activity, anti-inflammatory activity and immunomodulatory activities.



Caution - *Trikatu* is contraindicated in *apatarpanjanya* diseases. However, *Trikatu churna* in higher doses can cause some unwanted effects like a burning sensation, worsen gastritis etc.



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