



Chronological evaluation of *Trivrittashtaka* yoga

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ABSTRACT

Chronological evaluation of herbal formulation is essential in order to assess the pharmacological and clinical action of formulation, based on the chronological changes of this formulation. The present paper reports on Chronological evaluation of *Trivrittashtaka Yoga* a poly herbal Ayurvedic medicine used as remedy for *Virechana*, *Rasayana* and *Vishahara* also. It is also used in *Amlapitta* and *Prameha*. *Trivrittashtaka Yoga* was reviewed from 17 Ayurvedic literatures. These formulations have been evaluated on the basis of numbers of ingredient, % of some dominant ingredient, indication, dose, *Anupana* and administration.

KEY WORD:

Trivrittashtaka Yoga, *Avipattikar Churna*, *Abhayadi Modaka*, Chronological Evaluation, Poly Herbal Formulation

INTRODUCTION

It can be challenging to decode any polyhedral formulation, but when we examine formulations chronologically, we can predict the ingredient's modes of action. Also, to understand why a particular ingredient has been included or excluded and details regarding dose, indication, administration technique, etc. Each polyhedral composition can be thoroughly understood after analyzing its chronologically. When all of a formulation's references are reviewed, all of the information about that formulation becomes available. A single reference cannot include all information. Some references provide a pharmaceutical perspective of formulation, while others discuss indication, dose and combination of the ingredients based on the physical and mental health of public in that era. After review *Trivrittashtaka*ⁱ *Yoga* in chronologically, it can found that different name are given in different literature like *Avipattikara Churna*ⁱⁱ, *Abhayadi Modaka*ⁱⁱⁱ, *Atibalakar Churna* its all are the one type of

synonyms of *Trivruttashtaka Yoga* with minor changes. Here reviewing 17 different types of references of *Trivruttashtaka Yoga* for better explanation or decode that poly herbal formulation.

AIM

- ❖ Chronological evaluation of *Trivruttashtaka Yoga*

MATERIALS & METHODS

A through and comprehensive review of *Trivruttashtaka Yoga* from

Ayurvedic classical texts, contemporary text has been done.

Chronological References of *Trivruttashtaka Yoga*

Trivruttashtaka Yoga was first time mentioned by *Acharya Sushruta*. Then with some modification other classical text were mentioned it with different names with some modification.

Table No.1: Showing Chronological References of *Trivruttashtaka Yoga*

r. No	Name of <i>Yoga</i>	Reference	Time period
1	<i>Trivruttashtaka Yoga</i>	<i>Sushrut Samhita Sutrasthana 44/54-58</i>	2 nd BC
2	<i>Vyoshadi Modaka</i>	<i>Charaka Samhita Kalpasthana 7/46-49</i>	2 nd BC
3	-	<i>Astanga Sangraha Chikitsasthana 2/13-14</i>	4 th AD
4	<i>Avipattira Yoga</i>	<i>Astanga Hridaya Kalpasiddhisthana. 2/21-23</i>	6 th AD
5	-	<i>Vrinda Madhava 74/9-14</i>	9 th AD
6	<i>Atibalakara Churna</i>	<i>Vangsenam Amlapitta Chikitsa 78-83</i>	12 th AD
7	<i>Avipattikara Churna</i>	<i>Rasendra Sara Sangraha 2/32-38</i>	12 th AD
8	<i>Avipattikara Churna</i>	<i>Rasendra Chintamani 9/34-40</i>	14 th AD
9	<i>Abhayadi Modaka</i>	<i>Sharangdhara Samhita Uttarkhanda 4/26-33</i>	14 th AD
10	<i>Avipattikara Churna</i>	<i>Bhaishajya Ratnavali 56/25-29</i>	18 th AD
11	<i>Avipatti Churna</i>	<i>Abhinava Chintamani Part-2, 52 Kirana</i>	18 th AD
12	<i>Avipatti Churna</i>	<i>Chikitsarnava Uttaradha Amalapittadhikara/12-14</i>	18 th AD
13	<i>Avipattikara Churna</i>	<i>Siddha Yoga Sangraha Amlapittadhikara/5</i>	19 th AD
14	<i>Avipattira Yoga</i>	<i>Sahastrayoga Churnaprakarna p - 138</i>	20 th AD
15	<i>Avipattikara Churna</i>	<i>Vaidaka Chikitsa Sara Purvardha Churna Prakarana/9</i>	20 th AD
16	<i>Avipattikara Churna</i>	<i>Ayurved Sara Sangraha p – 661</i>	20 th AD
17	<i>Trivruttashataka Modaka and Avipattikara Churna</i>	<i>Rasatantra Sara Evum Siddhayogasangraah Part-1</i>	20 th AD

Table No. 2: Showing comparison of ingredients from different classical texts

Name of classical texts	Name of Ingredients										
	<i>Trikatu</i>	<i>Trijataka</i>	<i>Triphala</i>	<i>Musta</i>	<i>Vidanga</i>	<i>Trivritta</i>	<i>Sarkara</i>	<i>Danti</i>	<i>Lavana</i>	<i>Lavanga</i>	<i>Pippalimoola</i>
Su.Su.44/54-58	+	+	<i>Amalaka</i>	+	+	+	+	+	<i>Saindhava</i>	-	-
Cha. Ka. 7/46-49	+	+	<i>Abhaya Amalaka</i>	+	+	+	+	+	-	-	-
A.S.Chi.2/13-14	+	+	<i>Amalaka</i>	+	+	+	+	-	-	-	-
AH. Ka.. 2/21-23	+	+	<i>Amalaka</i>	+	+	+	+	-	-	-	-
Vrinda Madhava 74/9-14	+	<i>Twak, Patra</i>	<i>Abhaya Amalaka</i>	+	+	+	+	+	-	-	+
Vangsen Amlapitta Chikitsa/78-83	+	<i>Ela, Patra</i>	+	+	+	+	+	-	-	+	-
R.S.S.2/32-38	+	<i>Ela, Patra</i>	+	+	+	+	+	-	<i>Vida</i>	+	-
Rasendra Chi.9/34- 40	+	<i>Ela, Patra</i>	+	+	+	+	+	-	<i>Vida</i>	+	-
Sha.Sa.U.4/26-32	+	<i>Twak, Patra</i>	<i>Abhaya Amalaka</i>	+	+	+	+	+	-	-	+
B.R.56/25-29	+	<i>Ela, Patra</i>	+	+	+	+	+	-	<i>Vida</i>	+	-
Abhinava Chintamani Part-2, 52 Kirana	+	<i>Ela, Patra</i>	+	+	+	+	+	-	-	+	-
Chikitsarnava Uttaradha Amalapitadhikara/1 2-14	+	<i>Ela, Patra</i>	+	+	+	+	+	-	-	+	-
Siddha yoga sangraha Amlapittadhikara/5	+	<i>Ela, Patra</i>	+	+	+	+	+	-	<i>Vida</i>	+	-
Sahastrayoga Churnaparakarna p - 138	+	+	<i>Amalaka</i>	+	+	+	+	-	-	-	-
Vaidaka Chikitsa sara Purvardha Churna Prakarana/9	+	<i>Ela, Patra</i>	+	+	+	+	+	-	-	+	-
Ayurved sara Sangraha p – 661	+	<i>Ela, Patra</i>	+	+	+	+	+	-	<i>Vida</i>	+	-

R.T.S.S.P.S Part-1 p 309	+	<i>Chaturjataka</i>	<i>Amalaka</i>	+	+	+	+	+	<i>Saindhava</i>	-	-
R.T.S.S.P.S Part-1 p 335	+	<i>Ela, Patra</i>	+	+	+	+	-	-		+	-
AFI Part-1 07:02	+	<i>Ela, Patra</i>	+	+	+	+	-		<i>Vida</i>	+	-

Table No. 3 Showing the *Matra, Anupana, Sahapana* and *Sevana Kala*

Reference	<i>Matra</i>	<i>Anupana</i>	<i>Sahapana</i>	<i>Sevana Kala</i>
Su.Su.44/54-58	-	<i>Shitambu</i>	-	-
Cha. Ka. 7/46-49	1 <i>Pala</i>	<i>Shitajala</i>	<i>Kshodra</i>	-
A.S.Chi.2/13-14	-	-	<i>Kshodra</i>	-
AH. Ka.. 2/21-23	-	-	<i>Kshodra</i>	-
Vrinda Madhava 74/9-14	1 <i>Aksha</i>	<i>Shitajala</i>	<i>Madhu</i>	<i>Prataha Kala</i>
Vangsena <i>Amlapitta</i> <i>Chikitsa</i> 78-83	8 <i>Masha</i>	<i>Shitajala,</i> <i>Narikelaudaka</i>	-	<i>Bhojanadau</i>
R.S.S.2/32-38	-	<i>Shitajala,</i> <i>Narikelaudaka</i>	<i>Madhu</i> and <i>Ajya</i>	<i>Bhojanadau</i> <i>tatha ante</i>
Rasendra Chi.9/34-40	-	<i>Shitajala,</i> <i>Narikelaudaka,</i>	<i>Madhu</i> and <i>Ajya</i>	<i>Bhojanadau</i> <i>tatha ante</i>
Sha.Sa.U.4/26-32	1 <i>Karsha</i>	<i>Shitajala</i>	<i>Madhu</i>	<i>Prataha Kala</i>
B.R.56/25-29	8 <i>Masha</i>		-	<i>Bhojanadau</i> <i>tatha Madhye</i>
Abhinava <i>Chintamani</i> Part-2, 52 <i>Kirana</i>	1 <i>Karsha</i>	<i>Shitajala,</i> <i>Narikelaudaka</i>	-	<i>Bhojanpurva</i>
<i>Chikitsarnava Uttaradha</i> <i>Amalapittadhikara/12-</i> 14	1 <i>Karsha</i>	<i>Shitajala,</i> <i>Narikelaudaka</i>	-	<i>Bhojanpurva</i>
<i>Siddha yoga sangraha</i> <i>Amlapittadhikara/5</i>	8 <i>Masha</i>	-	-	<i>Bhojanadau</i> <i>tatha Madhye</i>
<i>Sahastrayoga</i> <i>Churnaprakarna p - 138</i>	-	-	<i>Kshodra</i>	-
<i>Vaidaka Chikitsa sara</i> <i>Purvadha Churna</i> <i>Prakarana/9</i>	3 to 6 gm	<i>Shitajala,</i> <i>Narikelaudaka</i>	-	-
<i>Ayurvedsara Sangraha p</i> 661	3 to 6 <i>Masha</i>	<i>Shitajala,</i> <i>Narikelaudaka,</i> <i>Dharoshnadugdha</i>	-	-
R.T.S.S.P.S Part-1 p 309	2 to 3 <i>Masha</i>	<i>Shitaljala,</i> <i>Dugdha</i>	-	<i>Prataha Kala</i>
R.T.S.S.P.S	4 to 6	<i>Shitjala</i>	-	<i>Bhojanpurva</i>

Part-1 p 335	<i>Masha</i>			
AFI Part-1 07:02	8 <i>Masha</i>	-	-	<i>Bhojanadau tatha Madhye</i>

Table No. 4 Showing the % of Trivritta, Danti and Sarkara as ingredients

Reference	Trivritta (%)	Danti (%)	Sarkara (%)
Su.Su.44/54-58	32	8	24
Cha. Ka. 7/46-49	30.77	7.69	23.10
A.S.Chi.2/13-14	33.33	0	33.33
AH. Ka.. 2/21-23	33.33	0	33.33
Vrinda Madhava 74/9-14	30.77	11.53	23.10
Vangsenā Amlapitta Chikitsa 78-83	33.33	0	50
R.S.S.2/32-38	33.33	0	50
Rasendra Chi.9/34-40	33.33	-	50
Sha.Sa.U.4/26-32	32	8	24
B.R.56/25-29	33.33	0	50
Abhinava Chintamani Part-2, 52 <i>Kirana</i>	33.33	0	50
Chikitsarnava <i>Uttaradha</i> <i>Amalapittadhikara/12-14</i>	33.33	0	50
Siddha yoga sangraha <i>Amlapittadhikara/5</i>	33.33	0	50
Sahastrayoga <i>Churnaprakarna p - 138</i>	33.33	0	33.33
Vaidaka Chikitsa sara <i>Purvardha Churna</i> <i>Prakarana/9</i>	33.33	0	50
Ayurvedsara Sangraha p 661	33.33	0	50
R.T.S.S.P.S Part-1 p 309	28.57	7.14	21.43
R.T.S.S.P.S Part-1 p 335	33.33	0	50
AFI Part-1 07:02	33.33	0	50

DISCUSSION

Trivrittashataka Yoga is mention first time in Sushruta Samhita in *Virechandravavyavikalpavigyan Adhyaya* for

elimination of *Sarva Visha*. Acharya advised to take it with *Makshika* type of *Madhu* while other Acharya suggested *Kshodra*. *Saindhava* and *Danti* was included in it, which differs this formulation from other

reference. RTSSPS quoted same reference as *Sushruta Samhita* In *Charaka Samhita Vyoshadhy Modaka tritya* is the name of this formulation given by *Acharya Chakrapani*. *Acharya* Chakrapani also mentioned that other reference give *Abhayadi Modaka* name to this formulation. *Acharya* include *Haritaki* and exclude *Saindhava* so mode of action of this formulation may change and added some other indication as like *Swasa*, *Kasa* Dose is specifically mention. *Acharya Vagbhata* exclude *Danti*, *Haritaki*, *Saindhava* and increase the ratio of *Sarakara* in *Astanga Sangraha*. It may decrease *Virechana* effect of this formulation and increased *Pitta Shamana* effect. In *Astanga Hridaya Acharya* quoted same reference of *Astanga Sangraha* but specify the name of this formulation as *Avipattira Yoga*. *Sahastrayoga* quoted same reference as *Astanga Hridaya*. *Acharya Madhava* quoted same reference of *Charaka Samhita* but include *pippalimool* instead of *Ela* and increased the ratio of *Danti*. Dose of this formulation also decreased as one *Aksha* from one *Pala*. *Acharya Vangasena* gives name of this formulation as *Attibalakara Churna* because *Balapushtikara* is the mode of action of this formulation. *Acharya* advice to take this formulation before food with *Madhu* and *Ghrita*. First time *Lavanga* was added in this formulation. Here *Acharya* quoted the बीजं चैव विडंगजम् instead of वीड चैव विडंगकम्. *Abhinava Chintamani*, *Chikitsarnava* and *Vaidaka Chikitsa sara* was quoted same reference as *Vangasena Samhita*. *Rasendrasara Sangraha* quoted

same reference of *Vangasena Samhita* but specify the name of this formulation as *Avipattikara Churna*. Time of administration of formulation is before food and after meal; it may decrease the *Virechana* effect. In *Rasendra Chintamani Acharya* quoted same reference of *Rasendrasara Sangraha*. RTSSPS quoted same reference as *Rasendra Chintamani Acharya Sharangadhara* gives name of this formulation as *Abhayadi Modaka* and describe it under *Virechanavidhi*. *Acharya Madhava* quoted same reference of *Charaka Samhita* but Dose of this formulation decreased as one *Karsha* from one *Pala*. In *Bhaishajya Ratnavali Acharya* quoted same reference of *Rasendrasara Sangraha* but time of administration is differing from it. *Acharya Govind Das* sen advised it to take before and between the meals. *Siddhayogasangraha*, *Ayurvedsarasangraha* and *AFI* mention same reference as *Bhaishajya Ratnavali*.

CONCLUSION

Trivrittashtaka Yoga is basic poly herbal classical formulation. It was modified as *Avipattikara Churna*, *Attibalakara Churna*, *Vyoshadi Modaka* and *Abhyadi Modaka* by various *Acharya*. RTSSPS gives all detail information of this formulation with proper explanation in context of pharmaceutically and clinically. In clinical practice *Avipattikara Churna* of *Bhaishajya Ratnavali* and *Abhyadi, Modaka* of *Sharangdhar Samhita* has been used widely.

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