

A REVIEW ON TRAIKANTAKA GHRITA

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ABSTRACT

Traikantaka Ghrita is a unique formulation under sneha kalpana. There is a single classical reference of this formulation and is found in SahasraYogam and in AFI has also followed the same reference which is indicated in Mutrakrichra, Mutrasharkara, Ashmari and Mutradosha. These can be symptomatically co-related to disorders of urinary system in modern science. In Traikantaka Ghrita the main ingredients like Gokshura, pashanabheda have been proven for their mutrala, ashmari hara properties. To understand its role in different disorders as mentioned above its need of the hour to screen out the effect by hypothetically reviewing Traikantaka Ghrita in the disorders of urinary system. This review helps the researcher to explode this formulation for more pharmacological activity and its safe usage.

KEYWORDS: Traikantaka Ghrita, Muratkichra, Mutraghata, Urinary disorders.

INTRODUCTION

Traikantaka ghrita was first mentioned in Sahasrayogam and the same is mentioned in AFI part 1. No other reference with this name or the same ingredients is mentioned in classics. The kidney disease is a leading cause of morbidity and mortality. Now a day, there are several reasons for getting into the renal failure but one of the most important reasons is chronic blood pressure and chronic uncontrolled diabetes. Synthetic drugs for uric acid and other diseases are also one of the reasons and in some cases the nephritic syndrome, nephritis and auto-immune diseases are the cause.

Ancient Acharyas used a number of medicinal Plants, which are present or found in the nature. Initially importance

was given towards herbal drugs, as they are easily available, affordable and are easy for processing. Later the mineral drugs were also introduced in to the system, which were used to potentiate the herbal drugs at many instances. There are several categories of kastaushadhi formulations such as Asavarista, Avaleha, Ghrita, Churna, Taila etc. which are described in Bhaishajya kalpana and the Rasaushadhis such as bhasma, pisti, lauha, mandura, kupipakawa etc., which are described in Rasashastra.

The system of Ayurveda embraces with in fold of the drugs of plant, animal and mineral origin, both single drugs and compound formulations presently about 1000 single drugs and 8000 compound

formulations of recognized merit are in vogue^{1,2}. Traikantaka Ghrita^{3,4} is a unique formulation which comes under sneha kalpana. Traditional uses: The dose of Traikantaka Ghrita is 12g⁴. Traikantaka

Ghrita treats mutrakrcchra, prameha, ashmari, mutrasarkara and mutradosha.

The list of ingredients of Traikantaka Ghrita and their therapeutic uses are listed in Table1.

TABLE1. LIST OF INGREDIENTS OF TRAIKANTAKA GHRITA

Sl.No.	Name of Drug	Part Used	Botanical Name/latin name	Family
1.	Gokshura	Fruit	<i>Tribulus terrestris Linn.</i>	<i>Zygophyllaceae</i>
2.	Ela	Seeds	<i>Elletaria cardamomum</i>	<i>Zingiberaceae</i>
3.	Pashanabheda	Plant	<i>Bergenia lingulata</i>	<i>Saxifragaceae</i>
4.	Yasti madhu	Root	<i>Glycyrrhiza glabra Linn</i>	<i>Fabaceae</i>
5.	Satavari	Root	<i>Asparagus racemoses Willd</i>	<i>Liliaceae</i>
6.	Shilajatu	Shodhita	<i>Asphaltum punjabinu</i>	-
7.	Darba	Mula	<i>Imperata cylindrica Beauv</i>	<i>Poaceae</i>
8.	Draksha	Fruit	<i>Vitis vinifera Linn.</i>	<i>Vitaceae</i>
9.	Musta	Tubers	<i>Cyprus rotundus Linn</i>	<i>Cypraceae</i>
10.	Pippali	Fruit	<i>Piper longum.Linn</i>	<i>Piperaceae</i>
11.	Vasuka	Plant	<i>Calotropis procera (Linn)</i>	<i>Asclepiadaceae</i>
12.	Vasira	Plant	<i>Achyranthes aspera Linn.</i>	<i>Amaranthaceae</i>
13.	Kasa	Root	<i>Saccharum spontaneum Linn</i>	<i>Poaceae</i>
14.	Ikshu mula	Root	<i>Saccharum officinarum</i>	<i>Poaceae</i>
15.	Matsyakshi	Plant	<i>Alternanthera sessilis Linn.</i>	<i>Amaranthaceae.</i>
16.	Godugdha	-	<i>Milk</i>	-
17.	Goghrita	-	<i>Ghee</i>	-

TABLE 2. GUNA KARMA OF INGREDIENTS OF TRAIKANTAKA GHRITA

Sl. No	Name of Drug	Chemical constituents ⁵	Therapeutic uses ^{6,7}
1.	Gokshura	Potassium nitrate, sterols, sapogenin with pyroketone ring (diosgenin), gitogenin and hecogenins.	Vatapittahara, Mutrala, Mutrakriccha, ashmari, prameha.
2.	Ela	Volatile oils and essential oils.	Kapha vata shamaka Mutrakrucchra , shrama, atisara, swasa, kasa, netraroga, chardi
3.	Pashanabheda	Tannic acid, gallic acid and glucose	Tridoshashamaka Mutravirechaka, Ashmari bhedaka, Mutrala,prameha.

4.	Yasti madhu	Glycyrrhizin, glycyrrhizic acid, glycyrrhetic acid, asparagine, sugars, resin and starch	Kaphashamaka Mutrajanana, Mutraverechana, mutrala.
5.	Satavari	Sugar, Glycosides, Saponin and Sitosterol.	Vatapitta hara Shukrakshaya , Raktapitta
6.	Darba	Contains five triterpenoids viz. cylindrin, arundoin, fernenon, isoburneol and simiarenol.	Tridosha hara Mutravirechaka, Mutrakricha, Ashmari, Trishna, Atisara, daha.
7.	Draksha	Malic, Tartaric & Oxalic Acids, Carbohydrates and Tannins.	Kaphahara Rasayana, balya Trishna,daha.
8.	Musta	Volatile Oil	Kaphapittashamaka mutrakrichra, trishna
9.	Pippali	Essential Oil and Alkaloids	Kapha vata shamaka Krimi, Balya and Rasayana.
10.	Vasuka	Glycosides (calotropin)	Vatahara Shopha, Krimi
11.	Vasira	Saponins	Kaphavatashamaka Mutrajanana, Mutrashmari, Pittashmari, , Vastishotha, Vrikkashotha, Ashmari
12.	Kasa	Protein, calcium, phosphorus, hydrocyanic acid glycocides.	Raktapittashamaka Ashmaribhedana, mutrakrichra, Pittanashaka, mootravirechaneeya.
13.	Ikshu mula	Fibre, nitrogenous substances, free acids, gums, pectins	Raktapittashamaka Daha, trishna, Mootrakrichra
14.	Matsyakshi	Sugar, Saponins & Sterols	Tridosha hara Raktavikara, pittavikara
15.	Shilajatu	Humic acid, Hippuric acid, benzoic acid, fulvic acid, iron, magnesium, oxygen, etc	Kaphahara Rasayana, yogavahi Prameha, madhumeha hara, Works on medovaha and mutravaha strotas.

TABLE 3 : METHOD OF PREPARATION³:

Sl.No	Name of the drug	Quantity
1	Kashaya dravya: Gokshura, Ela ,Pashanabheda, Yasti madhu, Satavari, Shilajatu	16parts

2	Kalka dravya: Darbha, Draksha, Musta ,Pippali, Vasuka, Vasira, Kasa, Ikshu moola, Matsyakshi	1part
3	Murchita ghrita	4part
4	Go dugdha ⁸	4part

Murchita ghrita is heated in a wide mouth stainless steel vessel and once it gets heated slowly kashaya and kalka is added with simultaneous stirring. As the ghrita, kalka, kashaya starts slightly boiling, Go dugdha is to be added and stirred simultaneously. Boiling is carried out on mandagni for two days⁹.

DISCUSSION

a) Formulation: In the classics there is a single references regarding Traikantaka Ghrita and AFI has also followed the same reference. Even though it contains same drugs but the proportion of preparation varies from both. And in the other reference i.e AFI the kashaya is prepared only with traikantaka and all other drugs are used in kalka. In any of the references there is no mentioning of method of preparation so general method of sneha preparation has to be followed.

Traikantakadhya Ghrita mentioned in Bhaishajya Ratnavali is also explained in the context of mutrakrichra but the formulation has gokshura, kasa, darbha, ikshu as the common ingredient. Traikantaka ghrita has many other ingredients than this. Which may help in potentiating the drug and give better effects.

b) Raw drugs used:

In this preparation there is a controversy with vasira. Vasira is the synonym for apamarga and gajapippali. AFI mentions vasira as chavya and chavya fruit is called as gajapippali. According to the review done in

the nighantus it is clear that apamarga can be taken as a choice for this formulation.¹⁰⁻¹³

c) Process of preparation:

Inspite shilajatu is included in the kashaya dravyas it should be dissolved in the kashaya when it is warm. As shilajatu is in the pure form and there might be a chance of losing the volatile constituents. The kalka dravya should be made into fine paste, this might help for the maximum absorption of the active ingredients. But as the kalka dravyas included fibrous roots i.e ikshu mula, darba mula, kasa mula,etc, it is very difficult to make the fine paste. Pre heated godugdha used for the procedure. Preheating is required to remove the bacteria present in the raw milk.

d) Paka lakshana:

In the *madhyam paka*, no moisture is remained in *Kalka* and can be easily molded into spindle shape. So that the saveeryata avadhi of the drug can be maintained and that signifies the drug cannot get affected by the influence of microbial contamination.

The ingredients of Traikantaka Ghrita as a whole comprises of madhura rasa, sheeta veerya mutrala, mutrarechaka and ashmari bhedaka properties. Individually Gokshura, ela, darbhamula, musta, kasamula and ikshumula does mutrakrichrahara function by their mutrala, mutrarechana properties; gokshura, pashanabheda, vasira and kasa mula does ashmari bhedana due to their laghu, tikshna guna and kashaya rasa of kasamula and vasira. Gokshura¹⁴ and shilajatu¹⁵ shows prameha hara properties.

Apart from these, vasira shows vastishotha and vrikkashotha hara properties. Darbhama, ikshumula, musta and draksha contributes to trishna hara and dahahara karmas.

CONCLUSION

Sneha kalpana is one the special preparations in Bhaishajya Kalpana where the therapeutic effect of the drug is achieved in fat/oil media. The stability of the drug can also be enhanced by preparing ghrita. Traikantaka Ghrita was explained in sahasra yogam, ghrityaprakarana. The above discussion highlights the effect of Traikantaka Ghrita in mutragata vikaras and the same can be effectively used for the treatment of urinary disorders. Though it is a cost effective, potent formulation but still it has not reached the public at large.

SCOPE FOR FURTHER STUDY:

-Preparation of Traikantaka Ghrita by varying the proportion of the ingredients and their Pharmaceutico- Analytical study.

-Clinical study of Traikantaka Ghrita can be studied.

-Comparative Clinical study of Traikantaka Ghrita with different types of shilajatu shodhana can be studied.

-The mode of action of Traikantaka Ghrita, in the treatment of specific mutragata vikara can be done.

Evaluating In vitro efficacy of Traikantaka Ghrita by using newer techniques like Serum Pharmacology can be tried upon.

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Kalka dravya



Kashaya dravya



Ingredients for the preparation of Traikantaka ghrita



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