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CONCEPT OF TRUPTHI - A CRITICAL REVIEW ON TRUPTHIGNA DASHEMANI OF CHARAKA

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ABSTRACT

Trupthi is a kaphaja vikara where in patient feels early fullness of stomach. It is commonly seen in chronically ill patients and one who is on heavy medications. Such patients (chronically ill patients) who are suffering from early satiety will have poor respond to chemotherapy agents and increases the toxicity from the medicines which further decreases their survival time. By the usage of Trupthigna dravyas along with the other medications from initial stage of treatment helps not only curage but also helps in the prevention of complications arising in chronically ill patients like Trupthi, arochaka, weight loss etc. Here is an attempt to discuss the mode of action of Trupthigna dravyas and its role in the improving the quality of life in chronically ill patients.

KEYWORDS: Trupthi, Early Satiety, Trupthigna Dravyas, Chronically ill patients, Quality of Life.

INTRODUCTION

Acharya Charaka classified various drugs into 50 ganas depending on the important karmas performed by them and based on diseases where it can be used like kasahara, deepaniya, jeevaniya, kustagna, krimigna, trupthigna etc. So one among 50 ganas which is mentioned to be efficient in trupthi (early satiety) is TRUPTHIGNA GANA[1].

Trupthi is considered as one among the 20 kaphaja nanathmaja vyadhis. It is a condition characterized by the symptoms early satiety and loss of appetite.[2] Due to consumption of hetus responsible for the vitiation of kapha dosha - kapha vruddhi takes place and this kapha dosha causes agnimandya and this leads to the diseases like trupthi, ajeerna, arochaka etc (agni mandya janya vyadhis). According to Ayurveda classics some of the conditions where trupthi is seen as a symptom is in Jwara and Kaphaja jwara and it is seen as the preprodromal symptom Gulma[3].

TRUPTHIGNA ===> SATIETY REMOVAL e.i, which removes the early sateity.

The 10 drugs which comes under gana are Nagara, Cavya, Chitraka, Vidanga, Murva, Guduchi, Vacha, Musta, Pippali and Patola[4].

According to contemporary science - Satiety is the feeling in which food intaken by the humans produces a sense of food gratification.[5]

Mechanism of Satiety and Hunger:

It is controlled by Hunger and Satiety systems which act through hunger and satiety hormones respectively. Hunger and satiety hormones are continually working

against each other. The hunger peptide, ghrelin, for example, is a potent trigger of growth hormone. Ghrelin binds to growth hormone secretagogue receptors (GHSRs) and increases its release by sixfold.[6] Although one can feel the stomach filling up after meal, it can take 15-20 minutes after food is first eaten, for the full range of satiety signals to reach the brain. By this time and for some time afterwards one can experience feelings of fullness. Despite these sophisticated mechanisms that exist to control energy intake, people often still eat when they feel full or refrain from eating when hungry. Sometimes patients feels satiety (fullness) in the initial stages of having the food which is termed as "Early Satiety".

Pathology of Early Satiety:

Chronic disorders or the Aetiology of Early Satiety like compression of Deodenum or damage to vagus nerve etc

⬇

Causes the stomach to empty slowly which makes the food to stay in stomach for longer duration

⬇

Causes the impairement or absence stomach movement called as Gastroparesis (common cause for Early satiety)

⬇

Causes EARLY SATIETY.

In some of the conditions where patients experience early satiety are:

*Stomach ulcer, *GERD, *Cancer of the stomach, pancreas, gall bladder, liver, or ovary, *Gastric outlet obstruction (an obstruction that blocks food from entering the small intestine), *Lymphoma, *Post-operative patients, *HIV patients, *Cancer, *Heartburn, *Anxiety, *Depression, *Ascites (accumulation of fluid in the abdomen), *Enlarged liver and many chronically illed patients.[7]

Such patients (chronically ill patients) who are suffering from early satiety will have poor respond to chemotherapy agents and increases the toxocity from the medicines which further decreases their survival time.[8]

Ghrelin plays a vital role in improving the health condition through its part in stimulating appetite and providing adequate energy intake in some of the hospitalized patients especially critically ill patient such as ICU patients and patients with major surgery, cancer, or HIV[9].

Early satiety can be accompanied with other symptoms like loss of appetite, nausea, diarrhoea, vomiting, difficulty swallowing, stomach pain, jaundice, involuntary weight loss, muscle wasting. In this regard an attempt is made to critically review the actions of trupthigna dravyas and its role in the prevention and cure of the various complications and syndromes arising from this early satiety.

Table No 1: Ten Trupthigna Dravyas

Drug	Rasa	Guna	Veerya	Vipaka	Doshagnatha	Karma
Nagara	Katu	Guru, Ruksha, Thikshna.	Ushna	Madhura	Vata kapha hara	Deepana Bhedana
Chavya	Katu	Laghu, Ruksha.	Ushna	Katu	Kapha vata hara	DeepakaPachaka
Chithraka	Katu	Laghu, Ruksha, Thikshna.	Ushna	Katu	Vata Kapha hara	Deepaka Pachaka Grahi.
Vidanga	Katu, Kashaya	Laghu, Ruksha, Thikshna	Ushna	Katu	Vata Kapha hara	DeepakaKrimigna
Murva	Tikta, Kashaya	Guru, Ruksha	Ushna	Katu	Kapha Vata hara	Deepaka Pachaka
Guduchi	Tikta, Kashaya	Guru, Snigdha	Ushna	Madhura	Tridosha hara	Deepaka Grahi Balya
Vacha	Katu, Tikta	Laghu, Thikshna	Ushna	Katu	Kapha Vata hara	Deepaka Pachaka
Musta	Katu, Tikta, Kashaya	Laghu, Ruksha	Sheetha	Katu	Kaphapitta hara	Deepaka Pachaka Jwarahara
Pippali	Katu	Laghu, Snigdha, Tikshna.	Anushna	Madhura	Kapha Vata hara	Deepaka Pachaka
Patola	Tikta, Katu	Laghu, Ruksha	Ushna	Katu	Kapha Pitta hara	Deepaka Rochaka Avatala

Table No 2: Various ganas under which 10 Tripthigna dravyas.

Drugs	Ganas of Charaka samhita
Nagara	Trupthigna, Arshogna, Deepaniya, Shoolaprashamana.
Chavya	Trupthigna, Arshogna, Deepaniya, Shoolaprashamana.
Chithraka	Trupthigna, Arshogna, Deepaniya, Shoolaprashamana, Lekhaniya.
Vidanga	Trupthigna, Kustagna, Krimigna.
Murva	Trupthigna, Stanya shodana.
Guduchi	Trupthigna, Trishna nigrahana, Vayasthapana, Stanya shodana, Daha prashamana.
Vacha	Trupthigna, Arshogna, Lekaniya, Samjnasthapana, Asthapanopaga.
Musta	Lekaniya, Trupthigna, Trishna nigrahana, Stanya shodana, Kandugna.
Pippali	Deepaniya, Kantya, Trupthigna, Shoolaprashamana, sheetaprashamana, Kasa hara, Hikka nigrahana, Shirovirachanopaga, Asthapanopaga.
Patola	Trupthigna, Trishna nigrahana.

Mode of Action Of Trupthigna Dravyas :-

1. Nagara: - *Zingiber officinalis, Zigiberaceace.*

Ginger is widely used to treat a number of medical conditions, including nausea, dyspepsia, flatulence, abdominal pain, and improvement in food intake and digestion (Cupp, 2000, Hu et al., 2011). Studies reported that its action on gastric motility and improvement in food intake could be mediated through augmented secretion of ghrelin or motilinor through suppression of glucagon like peptide-1 (Tack et al., 2006, Luiking et al., 2003). Thus by the above study it can cure not only early satiety but also its associated symptoms like diarrhoea, loss of appetite, nausea.

2. Chavya: - *Piper chaba, Piperaceae.*

Piper chaba has been used in traditional medicine as carminative, stimulant.[10] It is useful in liver diseases and is a component of digestive[11]. The other activities exhibited are hepatoprotection.[12] In Ayurveda it has shown anti-inflammatory, antidiarrheal acticity in mice[13]. By this studies it is proved to have anti diarrhoeal, hepatopretective and digestive activities which infers its usage in curing early satiety caused in liver disorders and associated disorders like diarrhoea.

3. Chithraka: - *Plumbago zeylanica, Plumbaginaceae.*

In India it is used to treat various conditions like diarrheoa, dyspepsia, piles etc (Gupta et al, 1993) and in various other parts of the world like taiwan (Kamboj and Dhawan, 1982), northwest ethiopia (Giday et al 2006), southwestern nigeria (Gupta et al, 1993) for ulcers and gastrointestinal disorders. Various activities like anti-ulcer acticvity[14], hepatoprotective activity[15] etc are proved by various studies. By its various studies of its usage in dyspepsia, ulcers and GIT ailments it can be said that it can be used to cure early satiety alone and which is caused by ulcer and associated conditons like diarrheoa.

4. Vidanga: - *Embelia ribes, Myrinaceae*

The fruit is good appetizer, jaundice, and anthelmintic[16]. It possess a wide spectrum of medicinal properties including hepatoprotective, ulcerative colitis[17,18]. It is proved for its Antianxiety activity[19,20,21]and Antidepressant activity[22]. It is said to be used in Weight loss treatment[23] . Early satiety may also be seen in depression and anxiety, and since it is proved for its anti-anxiety and anti-depressant activity it can be used in both prevention and curing aspect of early satiety. By its indication in weight loss treatment it can be helpful in preventing the complication of early satiety i.e, weight loss also.

5. Murva: - *Marsdenia tenacissina, Asclepideaceae*

Murva is used in several Ayurvedic formulat ions as an ingredient for the treatment of inte -

rmittent fever, abdominal colic, laxative, pil es, digestive ailments etc.[24] Murva is an important controversial drug used in diseases like diabetes; stomach disorders (udara roga)[25]. By its indications and its rasa panchaka it can be said to be effective in curing Trupthi induced by GIT problems.

6. Guduchi: - *Tinospora cordifolia, Meninspremaceae.*

It is used in following diseases :- dyspepsia, jaundice and chronic diarrhoea and dysentery[26]. Its various scientifically proved activities are: Hepatoprotective activity

(Bishayi et al, 2002 and Mehrotra et al, 2000), Immuno modulatory activity (Desai et al, 2002), Anti-HIV Activities[27,28] and Anti-Cancer Activity[29]. By its direct reference of usage in dyspepsia, as deepaka and is also said to be grahi, proved with various activities can be considered to prevent and cure early satiety alone and the one caused by liver disorders, HIV and associated symptoms like diarrhoea etc.

7. Vacha: - *Acorus calamus , Araceae.*

The word 'acorus' is originated from the Greek word 'acoron' which in turn derived from the 'coreon' word means 'pupil'[30]. Native tribes used as a carminative and also for cholic[31]. It is used in the conditions like flatulence, dyspepsia etc[32]. It has many biological activities like carminative and also used for treatment of chronic diarrheoa, dysentery[33]. It is scientifically proved for its: Antiulcer and cytoprotective activity, Antispasmodic activity, Antihepatotoxic activity[34], Antidiarrheal activity, Anti-anxiety[35] and Antidepressant activity[36]. By its actions and various proved activities it can not only used to cure early satiety caused by various disease but also the one caused by depression, anxiety, liver disorders and cures the complications too.

8. Musta: - *Cyperous rotundus, Cyperaceae*

It is used for gastrointestinal spasms, stomach disorders, nausea, vomiting, indigestion and irritation of bowel[37]. According to the Ayurveda, its rhizomes were considered antispasmodic, aromatic, carminative, stomachic[38]. Various proved activities of Musta are :- Anti-emetic activity and Antispatic activity, Gastroprotective activity[39], Antidiarrhoeal Activity, Hepatoprotective activity[40] . By all the above proved activities it can said to be used in early satiety induced in liver disorders and associated symptoms like nausea, vomiting, stomach pain, diarrheoa.

9. Pippali: - *Piper longum, Piperaceae.*

The ripe fruit is stomachic, antidiarrhoeic, antidysentric, asthma, bronchitis, abdominal complaints, jaundice[41]. It is proven for: Anti-depressant activity[42], Antiulcer activity, Antiamoebic activity and Hepatoprotective activity. By its all the above activities it can be used in prevention of early satiety caused by depression and liver disorders and can be used to cure it and its associated symptoms.

10. Patola: - *Trichosanthes dioica, Cucurbitaceae.*

Juice of leaves of *T. dioica* is used as febrifuge and also in subacute cases of enlargement of liver & spleen[43]. In Charaka Samhitha leaves & fruits used for treating alcoholism & jaundice. Leaves are used in odema and alopecia. It is proved for: Hepatoprotective activity and In ascitis it is proved to reduce the accumulation of fluid. According to classics it is said to be deepaka, rochaka, avatala etc. By its hepatoprotective activity and its positive effect in ascites it can inferred that it helps in prevention and cure of early satiety caused by liver disorders and ascites.

DISCUSSION

Trupthi (early satiety) is seen both in the acute and chronic diseases. Long-term early satiety during chronic disease, however, is deleterious to an organism and may be associated with mal nutrition, weight loss, muscle depletion, which can ultimately result in death. It also makes the patient not

able to sustain the power of chemotherapies in case of cancer or chemical medicaments given in all the either acute or chronic conditions. It becomes a major complication with the patients suffering from cancers, HIV, TB, even is seen in the post-operative patients. Among the 10 drugs of the trupthigna gana - Studies has been conducted on Nagara which mentions it acts on the gastric motality by means of Grelin - hunger hormone production. So Trupthigna gana dravyas may be by the production of Grelin - hunger hormone does the action of Trupthi hara.

CONCLUSION

This review is the first attempt to compile and correlate the probable actions of Trupthigna gana dravyas and their role in preventing the deterioration of the general health of the chronic patients. By the use of the trupthigna gana dravyas along with medicines in the chronic patients, in post-operative patients not only maintains the general health but also improves their quality of life, thus prvents the increase in the mortality and morbidity rates. Trupthigna gana dravya plays a vital role in improving the health condition through its part in stimulating appetite and providing adequate energy intake in some of the hospitalized patients especially critically ill patient such as ICU patients and patients with major surgery, cancer, or HIV. Trupthigna gana dravyas not only cures the early satiety but also has the additional actions of curing the associated symptoms.

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