



ORIGINAL RESEARCH ARTICLE

Periodical Evolution of Ayurvedic Herbomineral Formulation *Tribhuvanakirti Rasa*

Author: Aishwarya Pandey¹

Co Authors: Chandrakant Upadhyay² and Saroj Parhate³

^{1,3}Dept. of Rasashastra & Bhaishajya kalpana, Shri N.P.A. Govt. College, Raipur, (C.G.), India

²Dept. of Shalakyta Tantra, R.L.A.M. College Chandkhuri Durg, (C.G.), India

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

Received 5th June 21 Accepted 24th June 21 Published 10th July 2021

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.¹ *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.² *Kharaliya Rasayana* are one among the important formulations of *Rasaushadhi* which contain the herbo-mineral complex, these combination together will have synergistic actions The



ORIGINAL RESEARCH ARTICLE

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.³ 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*⁴ 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*⁵, *Rasa Chandanshu*⁶, *Nighantu Ratnakar*⁷, *Rasa Tantrasar evam Shidhaprayog Sangraha*⁸. *Bharta Bhaishajya Ratnakar*⁹, *Rasyoga Sagar*¹⁰, *Bhaishajya Ratnawali*¹¹.

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*¹², *AFI*¹³.



ORIGINAL RESEARCH ARTICLE

**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*⁴, *Rasa Chandanshu*⁶.

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*¹⁰.

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.²⁵
2. Ganesh *et al* concludes that this case study showed that *Tribhuvanakirti Rasa* balances *Sannipatika jwara* and is very effective in the management.²⁶
3. Dubey Nidhi *et al* conclude that self-prepared *Tribhuvanakirti Rasa* is said to be safer than market sample of *Tribhuvanakirti Rasa*.²⁷
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 product²⁸.

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>	-	+	+	+	+	+	+	+	+



ORIGINAL RESEARCH ARTICLE

<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.- Yogaratnakar, 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 Hingul¹⁴</i>	Tikta, katu, kasaya	Usna	Ushna	Katu	Deepana, Rasayana, Vajikara, Agnivaradhana, Netramayaghna, Rucya	-
<i>Shodhita Vatsanabha¹⁵</i>	Madhura	Laghu, Tikсна, Vikasi	Ruksa, Vyavayi,	Ushna	Katu	Vatakaphahara, Rasayana, Jvarahara, Jangama, Vishaara, Madakari, Kusthaghna
<i>Sunthi¹⁶</i>	Katu	Guru, Tikсна	Ruksa,	Ushna	Madhura	Vata-kaphahara, Deepana, Bhedana
<i>Maricha¹⁷</i>	Katu	Laghu, Tikсна	Ushna	Katu	Kapha vatahara, Avrishya, Deepana, Pramathi	-
<i>Pippali¹⁸</i>	Katu	Laghu, Snigdha	Ushna	Madhura	Vata Sleshmahara, Deepana, Vrishya, Rasayana	-
<i>Pippalimoola¹⁹</i>	Katu	Laghu, Snigdha	Ushna	Katu	Vata Sleshmahara, Deepana, Pachana, Bhedana	-
<i>Shodhita Tankana²⁰</i>	Katu, Lavana	Laghu, ruksa, Tikсна	Ushna	Katu	Kaphavatashamaka	-
<i>Tulsi²¹</i>	Katu, Tikta	Laghu, Ruksa,	Ushna	Katu	Kapha-vatahara, Deepana, Krimighna, Putigandhahara	-
<i>Adraka²²</i>	Katu	Guru, Ruksa, Tikсна	Ushna	Madhura	Vata-kaphahara, Deepana, Bhedana	-
<i>Dhatu²³</i>	Tikta, Katu	Laghu, Ruksa,	Ushna	Katu	Kaphavatahara, Visaghna, Kasahara	-
<i>Nirgundi²⁴</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>	-	+	+	+	+	+	+	+	-



ORIGINAL RESEARCH ARTICLE

<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> ⁵	1 Ratti	<i>Adraka swarasa</i>	<i>Jwara</i>
2	<i>Rasa Chandanshu</i> ⁶	1 Gunja	<i>Adraka swarasa</i>	<i>Jwara</i>
3	<i>Nighantu Ratnakar</i> ⁷	1 Gunja	-	<i>Visham jwara</i>
4	<i>Rasaprakash Sudhakar</i> ⁴	3 Ratti	<i>Madhu and Tambula patra</i>	<i>Udar roga</i>
5	<i>Ras Chandanshu</i> ⁶	1 Valla		<i>Udararoga</i>
6	<i>Rasa Yoga Sagar</i> ¹⁰	1-3 Ratti	<i>Madhu, Pippali</i>	<i>Jwara, Navin Grahni, Sannipataja Atisara, Prameha, Kasha.</i>
7	<i>Rasamruta</i> ¹²	1 Ratti	<i>Adraka, and Madhu, Tulsi swarasa and Madhu, Bilva patra, Jawrahghna mahakasaya.</i>	<i>Jwara</i>
8	<i>Bhaishajya Ratnawali</i> ¹¹	½- 1 Ratti	<i>Adraka, Madhu</i>	<i>Sarva Jwara</i>

DISCUSSION

Rasaprakash Sudhakara was the pioneer depicting this formulation (*Tibhuvanakirti Rasa*) from 12th 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, 1st and 2nd formulations are widely used by Ayurvedic physicians in day to day clinical practice. In the 2nd formulation *Bhavana* is done using *Nirgundi swarasa* which acts as *Angamarda prashamana* which in turn helps in reducing the same in *Jwara*. The 3rd and 4th 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,



ORIGINAL RESEARCH ARTICLE

researches have to be done on this platform. In the 4th formulation *Chitraka* is an ingredient. *Agnimandya* is a main symptom associated with *Jwara*, *Chitraka* acts as *Amapachaka* and *Agnideepana* that is why the 4th 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



ORIGINAL RESEARCH ARTICLE

REFERENCES

1. Shastri k, Chaturvedi G, editor, Charaka Samhita of Agnivesh elaborated Vidyotani hindi commentary part 1, Chaukhamba Surbharti Prakashan, Varanasi, 2013 ; Shutrasthana. 9/3, page n. 191.
2. Reddy KRC, Ocean of Ayurvedic Pharmaceutics, Chaukhamba Sanskrit Bhawan Varanasi, first edition 2007, Chap-1, page n.1.
3. Angadi Ravindra, Bhaisajya kalpana vijnana, choukhambha surubharti prakashan, revised edi: 2016, page no. 140.
4. Mishra Siddhinandan, Rasa Prakasha Sudhakar, choukhambha orientalia: reprint edition: 2004: 3rd edi, page. n. 186-187.
5. Shastri Vaidya Laksmipati, Yogaratnakar, vidyotini hindi commentary, choukhambha prakashan Varanasi, reprint edi. 2013: 1/2, page. n. 241.
6. Pandey Gyanedra, Rasa Chandanshu, choukhambha krishnadas academy Varanasi: 2010: sarva jawara chikitsa: page. n. 163.
7. Shastri R navre, vasudev laxman sastri pansikar , Nighantu Ratnakar, pandurang jawaji proprietor of the nirnaya sagar press Bombay, 1936, part 2nd : page. n. 115.
8. Thakur nathu singh ji, Rasatanatrasara evam shidhaprayoga samgraha, part 1 published by Krishna Gopal Ayurved bhawan kaleda, Ajmera Rajasthan, 10th edition: 1966: pratham khanda, kharliya rasayana; page. n.163.
9. Bharat Bhaishajya Ratnakar collected by shree Nagindas Chhaganlal saha, B. Jain publisher privet limited new Delhi: reprinted; 2005,: part 2nd ; page. n. 491-492.
10. Pandit Hariprapannaji, Rasa yoga sagar, choukhambha krishnadas Academy Varanasi: reprinted 2004: volume 1: page. n. 615.
11. Mishra SN, Bhaishajya Ratnawali of Shir Govind Das Sen elaborated Siddhiprada Hindi commentary, Chaukhamba Sura bharti Prakashan Varanasi. 2002 Publication ,Jvararogadikara Chap- 5/ 1007-08: page n. 177
12. Sinha Devendra , *Rasamrtam*, Chaukhambha suru bharti prakashan Varanasi,1 edition, 2008 , chap Rasyogvigyaniaadhayay 9/80-81: page n. 125.
13. Anonymous The Ayurvedic formulary of India – part-1, second revised English edition, Govt. of India ministry of health and family welfare Dept. of Indian system of medicine and Homoeopathy, New Delhi-2003.part -1: Page n. - 263.
14. Sharma Sadanand, , Rasatarangini, hindi commentary by Shastri kashinath, Motilal Banarasidasa, Delhi: 2014;11th edition; page n. 202; 9/18-19.
15. Shastry. J.L.N, Dravyaguna vijnana, vol. 2, Choukhambha Orientalia a house of Oriental and antiquarian books, Varanasi : edi 3rd ;2008 ; page. n. 1.
16. Shastry J.L.N, Dravyaguna vijnana, vol. 2, Choukhambha Orientalia a house of Oriental and antiquarian books, Varanasi : edi 3rd ;2008 page. n. 871.
17. Shastry J.L.N, Dravyaguna vijnana, vol. 2, Choukhambha Orientalia a house of Oriental and



ORIGINAL RESEARCH ARTICLE

- antiquarian books, Varanasi : edi 3rd ;2008 page. n. 449.
18. Shastry J.L.N, Dravyaguna vijnana, vol. 2, Choukhambha Orientalia a house of Oriental and antiquarian books, Varanasi : edi 3rd ;2008 page. n. 453.
19. Shastry J.L.N., Dravyaguna vijnana, vol. 2, Choukhambha Orientalia a house of Oriental and antiquarian books, Varanasi : edi 3rd ;2008 page. n. 563.
20. Sharma P.V, Dravyaguna vijana, vol - 3, Choukhambha bharti academy Varanasi, 2009; page. n. 134.
21. Shastry J.L.N., Dravyaguna vijnana, vol. 2, Choukhambha Orientalia a house of Oriental and antiquarian books, Varanasi : edi 3rd ;2008 page. n. 431.
22. Shastry J.L.N., Dravyaguna vijnana, vol. 2, Choukhambha Orientalia a house of Oriental and antiquarian books, Varanasi : edi 3rd ;2008 page. n. 520.
23. Shastry J.L.N., Dravyaguna vijnana, vol. 2, Choukhambha Orientalia a house of Oriental and antiquarian books, Varanasi : edi 3rd ;2008 page. n. 384.
24. Shastry J.L.N., Dravyaguna vijnana, vol. 2, Choukhambha Orientalia a house of Oriental and antiquarian books, Varanasi : edi 3rd ;2008 page. n. 415.
25. Devendra *et al.*; Microbial evaluation of a marketed herbo-mineral formulation *Tribhuvanakirti Rasa* World journal of pharmaceutical research, vol 6, issue 5, 2017.
26. Ganesh *et al.*; Antipyretic activity of *Tribhuvanakirti Rasa* in the management of *Sannipatik Jwara*; World journal of pharmaceutical and medical research ; 2020,6(5), 189-191.
27. Dubey Nidhi *et al.* A comparative Acute Toxicity study of self-prepared and market sample of *Tribhuvanakirti Rasa*; international Ayurvedic medical journal ; vol 3;issue 2; February -2015.
28. R. G. Agrawal *et al.* Studies on standardization of *Tribhuvankirti Rasa* ; Ancient science of life ; 1996 Jan-Mar; vol 15(3); 169-171.