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Comparative Pharmaceutical Study of *Tribhuvana Keerti Rasa* & *Vettumaran Gulika*

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ABSTRACT

Herbo-mineral formulations are efficient amongst them when administered in proper dose and with suitable adjuvant. They are known in clinical practices for their lesser dose and quicker action. Tribhuvana Keerti Rasais one such herbo-mineral formulations used predominantly in all parts of the country other than Kerala. It is indicated in Sannipataja and all other types of Jwara. On the contrary, in Kerala, Vettumaran Gulika is preferred for the management of Jwara. Interesting fact is that the prominent Rasa ingredients of the two formulations are same and both are clearly indicated in Sannipataja Jwara. Therefore, to highlight and distinguish the pharmaceutical aspects of both the formulation, the present study was planned.

KEYWORDS

Tribhuvana Keerti Rasa, Vettumaran Gulika, Pharmaceutics



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INTRODUCTION

Rasaushadhis, due to its easy availability, palatability and shelf life is used extensively in treating several ailments. The appropriate use of these medicines can establish wonderful effects in the field of ancient science.

Most of the Jwarahara yogas that are enlisted in classical texts have Hingula and Vatsanabha as their main ingredients. These preparations possess qualities like deepana, pachana, ushna, teekshna and vyavayi that facilitates in the removal of ama thereby clearing the srothorodha. According to Bhaishajya Ratnavalli, with the judicious use of rasa yogas any complicated disease can be effortlessly treated¹. Therefore a proper drug of choice has to be made while treating the disease for attaining the best therapeutic benefits.

Tribhuvana Keerti Rasa² is an established yoga that is commonly used in clinical practice all over India for the treatment of jwara. The reference in Yogaratnakara has illustrated that it has the capability to treat thirteen types of Sannipataja jwara if taken with suitable anupana. Three bhavana dravyas are mentioned for this preparation i.e. tulasi patra swarasa, ardraka swarsa and dhatura patra swarasa that further

enhances its usage in wide spectrum of conditions.

Vettumaran Gulika³ is another potential formulation widely practised in parts of Kerala and Tamil Nadu. The reference is found in Sahasrayoga and the chief ingredients are Hingula, Vatsanabha and Tankana.

MATERIALS AND METHODS

Pharmaceutical source

Step 1

Raw materials for the preparation of both the yogas were collected from SDM Ayurveda Pharmacy, Udupi

Step 2

Purification and processing of raw materials was carried out in the Rasashastra Dept Lab.

Pharmaceutical Study

All the ingredients were identified and collected for the preparation of the formulation.

Shodhana process was carried out for the Rasa Dravyas.

1. Vatsanabha was cut into pieces and kept in Gomutra for three days, later dried and powdered⁴.
2. Tankana was purified by frying in an iron pan till the entire moisture content was lost⁵.



3. Purification of Hingula was done by giving bhavana with Ardraka Rasa for seven times⁶.

4. The other drugs like Trikatu and Pippalimoola were powdered separately into fine powder

Tribhuvana Keerti Rasa Preparation

1) The ingredients like Shu. Hingula, Shu. Vatsanabha, Shu. Tankana, Trikatu and Pippalimoola were taken in equal quantity and the mixed properly. Three bhavanas each were given with Tulasi patra Rasa, Ardraka rasa and Dhatura Rasa, respectively. After the completion of bhavana procedure, vatis of 125mg size were prepared.

Vettumaran Gulika Preparation

2) Equal quantity of fine powder of Shu. Hingula, Shu. Vatsanabha, Shu. Tankana, Shunti and Ajamoda were taken and mixed thoroughly. Bhavana with ardraka swarasa was given for 3 hrs continuously and later rolled into mudga size pills.

RESULTS

AND

OBSERVATIONS

Shodhana Process:

Results: The results are discussed in the tables (1, 2, 3, 4, 5& 6)

Table 1 Observations of Vatsanabha Shodhana

Parameters	Before Shodhana	After Shodhana
Colour	Light brown	Dark brown
Touch	Hard	Rough
Smell	Specific	Gomutra
Weight variation	210 gms	70 gms

Table 2 Observations of Hingula Shodhana

Parameters	Before Shodhana	After Shodhana
Color	Bright red	Dark red
Touch	Hard	Soft
Smell	Not specific	Ardraka smell
Weight variations	200 gms	210 gms

Table 3 Observations of Tankana Shodhana

Parameter	Before Shodhana	After Shodhana
Colour	Dull white	Bright white
Touch	Hard	Soft
Smell	Not specific	Not specific
Weight variance	500 gms	140 gms

Table 4 Other ingredients

Ingredients	Quantity taken	Quantity obtained
Pippali	100gms	45gms
Maricha	200 gms	145gms
Shunthi	50gms	45gms
Pippalimoola	100 gms	40gms
Ajamoda	100gms	65gms

Table 5 Preparation of Tribhuvana Keerti Rasa

Ingredients	Quantity	Bhavana Dravyas(Qnty)
1 Shudha Hingula	10 gms	Tulasi Swarasa – 275 ml
2 Shudha Vatsanabha	10 gms	
3 Shudha Tankana	10 gms	Ardraka Swarasa - 130 ml
4 Maricha	10 gms	
5 Shunthi	10 gms	Datura patra swarasa- 105 ml
6 Pippali	10 gms	
7 Pippalimoola	10 gms	
Final Product- 300 pills		

OBSERVATIONS

1.Vatsanabha Shodhana(Fig 2)



Figure 2 SHODHANA OF VATSANABHA BY IMMERSING IN GOMUTRA



Table 6 Preparation of Vettumaran Gulika

	Ingredients	Quantity	Bhavana Dravyas(Qnty)
1	Shudha Hingula	10 gms	Ardraka Swarasa – 225 ml
2	Shudha Vatsanabha	10 gms	
3	Shudha Tankana	10 gms	
4	Maricha	10 gms	
5	Ajamoda	10 gms	
Final Product- 220 pills			

- Vatsanabha when soaked in Gomutra became swollen and soft.
- The colour of gomutra changed from pale yellow to brown during the procedure.
- The quantity of gomutra reduced considerably at the end of each day
- Vatsanabha after complete drying was black in colour and gave out Gomutra smell.

2.Hingula Shodhana(Fig 1)

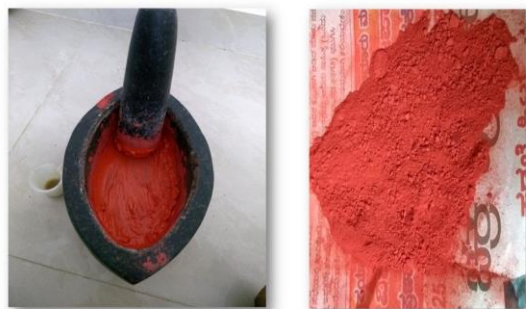


Figure 1 SHODHANA OF HINGULA BY BHAVANA WITH ARDRAKA RASA

- After shodhana the colour changed to dull red colour from brick red.
- Time taken for the purification was 3 days.
- The quantity of swarasa taken for the first bhavana was more and for further bhavanas it reduced considerably.

3.Tankana Shodhana(Fig 3)



Figure 3 SHODHANA OF TANKANA BY BHARJANA METHOD

- There was significant loss in the weight of Tankana after shodhana.

4.Churna of the other ingredients

- All the other remaining ingredients like trikatu, pippalimoola and ajamoda were taken and made into fine powder by the process of Vastra gaalana. During the process of sieving, significant loss was noted. (table 4).

DISCUSSION

The preparation of both the vatis was carried out as per the Standard operating Procedure.

TBK had 3 bhavanas each with three different swarasa (Ardraka ,Tulasi ,Dhattura) and on the other hand VTG had undergone three bhavanas with Ardraka Swarasa.

AMOUNT OF THE LIQUID

The quantity of liquid media to be added for each bhavana is dependent on the nature of the individual drugs, quantity of the ingredients and the number of bhavanas completed. The total measure of ingredients taken in the preparation of TBK was 70 gms and the total liquid



required for the whole procedure of bhavana was about 500 ml. In case of VTG, the total weight of the churna was 50 gms and the bhavana dravya utilised was up to 225 ml. While comparing both the preparations we can analyse that more the quantity of the ingredients, more will be the liquid essential to wet and convert a soft mass for making the pills.

DRYING PROCESS

Proper drying helps in avoiding contamination and provides good shelf life to the preparations. Both tray drying at night and shade drying during day was applied to the samples of TBK and VTG for three days.

TBK PREPARATION

Tribhuvana Keerti Rasa was prepared as per the reference in Yogaratnakara. The vati was processed by giving 3 bhavanas each of tulasi patra, ardraka rasa and dhatura patra rasa. After three days of continuous bhavana and formation of proper solid mass, it was rolled into gunja sized (125 mg) pills. A total number of 300 pills were prepared from 83 gms of the product. It was noticed that there was weight gain in the solid mass after the bhavana procedure

VTG PREPARATION

Vettumaran Gulika was processed according to the reference mentioned in Sahsrayoga. Continuous Bhavana with

ardraka swarasa was given for three hours after the attainment of proper lakshanas, rolling of the pills was done. There was slight gain in the weight of the total mass. A total of 220 Mudga pramana(65 mg) pills were obtained from 60 gms of final yield.

CONCLUSION

The stability of a formulation is an important factor in determining the probable mode of action that it may have on the disease. By analyzing the pharmaceutical study, it can be inferred that the preparation of VTG was comparatively easier and less time consuming, while TBK was prepared in a time span of 3 days as it had nine bhavanas mentioned.



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