



Trikarshika: A Literature Review

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ABSTRACT

Group of drugs or herbs that share similar qualities, properties and Therapeutic uses are called as Mishrak Gana. Mishraka gana are advocated by Maharshi Sushruta in 38th Chapter of Sutrasthana of Sushrut Samhita. Trikarshika is one of the Mishrak Gana & Significant formulation in Ayurvedic medicine. The three drugs together are called Trikarshika, composed of Musta, Ativisha, Shunthi. It is an Antioxidant, Polyherbal compound. It is necessary to corroborate the consistency of mixing or combining in attribute balance. Traditionally used for digestive, febrifuge, & appetizer.

Keywords: Trikarshika, Ayurveda, Polyherbal, Antioxidant, appetizer.

INTRODUCTIOIN

Trikarshika is significant concept rooted in ancient Indian medical tradition i.e. Ayurveda. Trikarshika has been explored across various texts & domains such as Ayurveda, Sankhya philosophy & yogic sciences. The term trikarshika broadly signifies the interplay of three fundamental principles that govern health. This literature review aims to comprehensively synthesize existing research, debates, research gaps, & establish a roadmap for future inquiries into Trikarshika's framework & practical implication.

Trikarshika basically refers to a specific polyherbal combination (Mishrak Gana). It is blend of equal parts of Zinziber officinalae (Shunthi), Cyperus rotundus (musta), Aconitum heterophyllum (Ativisha)¹. Traditionally used for digestive, febrifuge, & appetizer.

This review aims to systematically describe the sources, Uses, & thematic elements in existing research on Trikarshika Mishrak Gana.

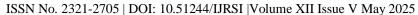
Material:

The literature for this review gathered from Primary sources such as classical texts (*Samhitas & Nighantus*) and secondary Scholarly articles Indexed in Database like PubMed, IJCRT.Evaluation Criteria included Academic relevance, And therapeutic relevance.

Methods:

rikarshika is a significant formulation in Ayurvedic medicine, primarily composed of musta (Cyperus rotundus), Shunthi (Zingiber officinale), and Ativisha (Aconitum heterophyllum). This literature review aims to explore the properties, uses, and therapeutic benefits of these components as documented in classical texts.

Musta, known for its digestive and anti-inflammatory properties, is extensively mentioned in the Charak Samhita, where it is described as a remedy for various gastrointestinal disorders.² The Sushrut Samhita also highlights its role in alleviating Vata dosha imbalances, making it a crucial herb in Ayurvedic treatments.³





Shunthi, or ginger, is recognized for its warming properties and is frequently referenced in the Ashtanga Hridaya. It is noted for its effectiveness in treating respiratory conditions and digestive issues⁴. The text emphasizes its ability to enhance digestion and reduce nausea, making it a staple in many Ayurvedic formulations.

Ativisha, with its potent medicinal properties, is discussed in the Raj Nighantu⁵ and DhanvantariNighantu⁶. It is praised for its effectiveness in treating fevers and digestive disorders. The Dravyagunavigyana textbook elaborates on its pharmacological actions, including its role as a potent anti-inflammatory and analgesic agent⁷.

The Kaiyadeva Nighantu provides additional insights into the synergistic effects of these herbs when combined in the Trikarshika formulation⁸.



1) Shunthi (Zinziber officinalae) Dried Rhizome



2) Musta (Cyperus Rotundus) Dried Tubers



3) Ativisha (Aconitum Heterophyllum) Dried Roots

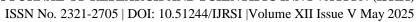


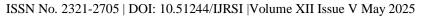


Table no. 1. The different properties and the characteristics of the various ingredients of the *Trikarshika* mentioned below:^[9,10,11]

Drug names	Shunthi	Musta	Ativisha						
characteristics									
Latin name	Zinziber officinale	Cyperus rotundus	Aconitum heterophyllum						
Family	Zinziberaceae	Cyperaceae	Ranunculaceae						
Classical name	Shunthi	Musta	Ativisha						
Sanskrit synonyms	Vishwa, Nagara Mahaoushadha, Vishwa bheshaja, , Shrungvera,	Musta, nalad, Nagarmotha,Gangeyi, Sugandha	Ativisha, Shuklakanda, Bhangura, Pittavallabha, Shishubhaishajya, Shrungi, Mahaushadham.						
Pharmacodynamics									
Rasa	Katu	Tikta, Katu, Kashaya	Katu, Tikta						
Virya	Ushna	Sheet	Ushna						
Vipaka	Madhura	Katu	Katu						
Guna	Guru, Ruksha, Tikshna,	Laghu, Ruksha	Laghu, Ruksha						
Doshkarma	Kaphaghna	phaghna Kaphaghna Trido							
	Vatashaman	Pittashamaka							
Parts used	Rhizomes	Tuber	Root						
Rogaghnata	Digestive stimulant,		Digestive stimulant, Anti Diarrheal, anti Inflammatory, Anti						
	Natural Analgesic		pyretic						

Table no. 2 Action of Trikarshika described by various Ayurvedic texts: [12, 13, 14, 15]

References										
Action	Ch.S	Su. S	А.Н	Bh.P	Ra.N	Kai.N	Dh.N	Yog. R	M.N	Dravyagunvigyan textbook
Jwaraghna	-	-	-	-	1	V	V	-	•	V





Pachan	-	-	-	-	V	$\sqrt{}$	V	-	-	V
Aruchi	-	-	-	-	√	$\sqrt{}$	V	-	-	V
Kanthroga	-	-	-	-	1	$\sqrt{}$	V	-	-	V
Tridoshhara	-	-	-	-	1	$\sqrt{}$	V	-	-	V

Table 3: Qualitative analysis of *Trikarshika Churna* [Water soluble extractive] ¹⁶

Qualitative Test	Results				
Alkaloid	Negative				
Flavonoids	Positive				
Sterols	Positive				
Tannins	Positive				
Carbohydrate	Positive				
Amino acid	Positive				
Protein	Positive				
Saponin	Negative				
Resin	Negative				

CONCLUSION

The review of these classical texts reveals a comprehensive understanding of the therapeutic potential of *Trikarshika (Musta, Shunthi, and Ativisha)* supporting their continued use in contemporary *Ayurvedic* practice.

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