

Trikarshika: A Literature Review

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DOI: <https://doi.org/10.51244/IJRSI.2025.120500187>

Received: 07 June 2025; Accepted: 11 June 2025; Published: 23 June 2025

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.

INTRODUCTION

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

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

References										
Action	Ch.S	Su. S	A.H	Bh.P	Ra.N	Kai.N	Dh.N	Yog. R	M.N	Dravyagunvigyan textbook
<i>Jwaraghna</i>	-	-	-	-	√	√	√	-	-	√

Pachan	-	-	-	-	√	√	√	-	-	√
Aruchi	-	-	-	-	√	√	√	-	-	√
Kanthroga	-	-	-	-	√	√	√	-	-	√
Tridoshhara	-	-	-	-	√	√	√	-	-	√

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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