



STUDY OF ANTIPIRETTIC ACTIVITY OF TRIBHUVANKIRTI RASA IN THE MANAGEMENT OF SANNIPATIK JAWAR: A CASE STUDY

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ABSTRACT

There are various drugs in Ayurveda which can be helpful in Fever but effectiveness of Tribhuvankirti Rasa is nevertheless because Tribhuvankirti Rasa is one of the Rasaoshadis which acts rapidly and requires in low dose which is helpful to actual relief of Fever in small period of time. Tribhuvankirti Rasa balances Vata-Pitta-Kapha and hence it is very helpful in Sannipatik Jawara. The aim of this study was to evaluate the role of Tribhuvankirti Rasa in the treatment of Sannipatik Jawara. It is a single observational innovative case study. A female aged 40 years presented with a non-healing fever along with some other symptoms with a history of 2 weeks. On examination, patient was moderately febrile, general condition was weak, P.R 80/min; R.R. 18/min B.P. 130/90 mm of Hg and Ayurvedic findings was Daurbalya, Aasyavairasyata, Samata & Daha. The routine laboratory investigations were within normal limit except Hb count which was decreased and TLC count which was raised. Blood Smear test and Widal Test both was negative. This case study showed effective antipyretic activity of Tribhuvankirti Rasa.

KEYWORDS: Rasa in the treatment of Sannipatik Jawara.

INTRODUCTION

Now days Due to globalized and fast moving world life has become more hectic. Population explosion produces in crowd everywhere resulting increased contagious diseases. There is struggle in everything which exposes us to many infections. In this situation Fever has become common most health condition in our day to day life. Health related factor and Awareness among people about health are being vanished day by day and fever is taken for granted by the people. Fever indicates some malfunctioning within the body which are sometimes indications of present or upcoming major disorder. Hence neglecting fever means inviting major illness.

According to Aacharya Charaka, Jawar is itself a disorder as well as it is one of the symptoms in lot of the diseases which is yet true. That's why sometimes it becomes hard to treat fever; especially Sannipatik Jawar wih is hard to diagnose and to rule out its cause. In all kind of Jawara Pitta dushti is common & treatment starts with aim to restore Pitta dosh towards its balanced condition. But in Sannipatik Jawara Pitta becomes dushta along with Vata & Kapha. Hence to achieving health, restoration of all the three Doshaj should be done at the same time and this requires special efforts in Ayurveda

as well as in Western Medical treatment.

Tremendous researches are being conducted all over world to find out better alternative for paracetamol to treat fever, when paracetamol showed very hazardous effects on long term consumption. The study was carried out by researchers from the India showed 98% of population does not approaches to any doctor on very first day of suffering from fever, 76% of population dose not approaches to doctor even on 2nd or 3rd day of suffering from fever instead they directly went to medical store and take Paracetamol by their own; unknowingly to its hazardous effects. Hence our nation is at the High Risk of various Heart diseases because A new review of previous observational studies found that long-term use of paracetamol was linked with a increased risk of adverse events such as heart attacks, gastrointestinal bleeds (bleeding inside the digestive system) and impaired kidney function. It is important to be aware that, one should not take any treatment drug without doctor's advice even if it is an Ayurvedic or herbal drug.

Fast acting and holistic approach without any or very least side effects of drug for every disease is now became a need of time and Ayurveda already has solution for it.

There are various drugs in Ayurveda which can be helpful in Fever but effectiveness of Tribhuvankirti Rasa is nevertheless because Tribhuvankirti Rasa is one of the Rasaoshadis which acts rapidly and requires in low dose which is helpful to actual relief of Fever in small period of time. Tribhuvankirti Rasa balances Vata-Pitta-Kapha at the same time and hence it is very helpful in Sannipatik Jawara. The aim of this study was to evaluate the role of Tribhuvankirti Rasa in the treatment of Sannipatik jawara. This case study showed effective antipyretic activity of Tribhuvankirti Rasa.

CASE REPORT

A female aged 40 years presented with a non-healing fever along with chills, fatigue headache, sore eyes, and loss of appetite with a history of 2 weeks. On examination, patient was moderately febrile, general condition was weak, P.R 80/min; R.R. 18/min B.P. 130/90 mm of Hg. Ayurvedic findings was as follows:

- Daourbalya
- Aasyavairasyata
- Samata
- Daha
- Ashtipeeda
- Sandhi Shool
- Shira shool
- Netra Strav
- Karnashwed
- Galagraha
- Kaas
- Aaruchi

Preparation of Tribhuvan Kirti Rasa was carried out in following manner with the reference of Yogratnakara.

Table 01: List of ingredients for preparation of Tribhuvankirti Rasa.

Sr. No.	Ingredient.	Proportion/Quantity
1.	Hingula (cinnabar)	1 part/ 10gm
2.	Vatsanabh (Aconitum ferox)	1 part/ 10gm
3.	Shunthi (Zinziber officinale)	1 part/ 10gm
4.	Maricha (Piper nigrum)	1 part/ 10gm
5.	Pippali (Piper longum)	1 part/ 10gm
6.	Tankana(borax)	1 part/ 10gm
7.	Magadhi shifa (Root of Piper longum)	1 part/ 10gm

Bhavana Dravya

1.	Tulasi swarasa (Oscimum sanctum)	As required
2.	Ardraka swarasa (Zinziber officinale)	As required
3.	Hema swarasa(Dattura metel)	As required

At first shodita hingula is taken in a clean khalwa yantra and powdered properly, after that shodhita vatsanabha added and mardana (dry grinding) done till it turns into a homogenous mixture, further added with trikatu (i.e. Sunthi, Maricha & Pippali) and mardana continued, after that shodhita tankana added in later stages and finally added Magadhi shifa i.e. Pippali moola and mardana continued till homogenous mixture is formed.

After that for giving Bhavana firstly added tulasi swarasa as per requirement till the mixture gets completely immersed in tulasi swarasa and Mardana done till it dries

- Pralap

The routine laboratory investigations were within normal limit except Hb count which was decreased 9g/dl and TLC count which was raised 22.6 thousand/ul. Blood Smear test and Widal test both was negative.

Diagnosis

This febrile condition was diagnosed as Sannipatik Jwara because the symptoms showed imbalance of all three Vata Pitta & Kapha doasha. The symptoms were present since 2 weeks

Blood Smear test and Widal test both was negative and hence it is assumed that this fever is not due to Typhoid or Malaria.

Intervention

Self prepared Tribhuvan Kirti Rasa was given to patient in 1 ratti (125mg) dose for twice a day before meal along with:

1 table spoon of Ginger juice

+ 1 table spoon of Tulsi Juice

+ 1 table spoon of Honey With a cup full of warm water.

METHODOLOGY

- Shodhana of Hingula done in Ardrak Swarasa.
- Shodhana of Vatsanabh done in Gomutra.
- Shodhan of Tankan done by heating till popping out completely.

completely. Total of three bhavana of tulasi swarasa done. After that, in same manner three bhavana of ardraka swarasa and three bhavana of dattura swarasa given and hand pilling of Tribhuvan kirti rasa was done.

OBSERVATIONS

The changes observed in signs and symptoms were assessed by adopting suitable scoring methods and the objective signs by using appropriate clinical tools.

Assessment of Objective parameters of Sannipatik Jawara, changes was noted on before treatment & after treatment and Assessment of subjective parameters of Sannipatik Jawara as well as symptomatic changes was noted on each day for period of treatment of 7 days

Objective parameters: Subjective parameters:

- | | |
|-----------------|---------------------|
| 1. Bala. | 1. Body Temperature |
| 2. Samata | |
| 3. Appetite | |
| 4. Shirashoola | |
| 5. Netra Strava | |

The characteristics of Sannipatik Jawara like Daourbalya, Aasyavairasyata, Ashtipeeda, Pralap was present on the first day. Jivha Samata was very clearly observed also Malavsthambha was present. Sandhi Shool, Shira shool was also present with more severity. Netra Strav, Karnashwed, Galagraha, Kaas, Aaruchi was also present. It was noted that the Aasyavairasyata due to Sannipatik Jwara was literally vanished right from the 1st dose of Tribhuvanankirti Rasa. It was noted that the patient asked for something to eat it means loss of appetite was not more present from 2nd day. Other symptoms like Pralap, Sandhi Shool, Shira shool, Karnashwed, Malavsthambha & Netra Strava reduced very much and overall the general condition of patient started to become normal on 3rd day. Jivha became completely Niram on 4th day. There was no febrile condition at all from the 5th day but some weakness was present. The same dose of Tribhuvanankirti Rasa continued till 7th day. Patient may took a week more to gain Bala but it was observed that Tribhuvanankirti Rasa was markedly destroyed Sannipatik Jwara within the period of 7 days Observation of Body temperature of each day.

DISCUSSIONS

According to Acharya Charaka, there are 4 major types of Jwara: Vataj, Pittaj, Kaphaj and Sannipatik. Again there are 13 types of Sannipatik Jwara. Other than this there are lot of types of Jwara as Abhighataj Jwara, Abhishangaj Jwara, Kamaj Jwara, Shokaj Jwara, Bhayaj Jwara, Krodhaj Jwara, Vishaj Jwara etc. Causes, Symptoms and treatment of these all type of Jwara are well described in Charak Samhita. In all kind of Jawara Pitta dushti is common & treatment starts with aim to restore Pitta dosh towards its balanced condition. But in Sannipatik Jawara Pitta becomes dushta along with Vata & Kapha. Hence to achieving health, restoration of all the three Doshaj should be done at the same time and for this purpose Tribhuvanankirti Rasa is the drug of choice because Tribhuvanankirti Rasa balances Vata-Pitta-Kapha at the same time, required in least dose and acts rapidly.

CONCLUSION

The complete health achieving of patient may take a week or two but this case have generated a proof of concept that, Tribhuvanankirti Rasa is very effective in the management of Sannipatik Jwara. Further studies should

be done for more evaluation.

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