

A CRITICAL REVIEW ON *TRIKATUKADI KASHAYA* IN SRI LANKAN
TRADITIONAL MEDICINE

Kumari S.M.M.W¹

¹BAMS Hons (UoC)(SL), Pg. Dip. in HD (UoC)(SL)(Reading), Dip.in Ayurveda Beauty Culture and Panchakarma (OCATM)(SL), Dip.in Counseling(SDTI)(SL), Cer.in Pharmaceutical Sciences (IMHS)(SL), Cer. in Quantitative and Qualitative Research (SIC)(SL), Cer. in HRM (SIPWAY) (SL)

Demonstrator-Faculty of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka

ABSTRACT

Ayurveda is one of the healing systems, mainly focused on preventive and curative aspects of health. *Trikatukadi Kashaya* is a herbal formulation which contains twelve ingredients which are specifically indicated to *Pakshagatha* (Hemiplegia), *Ardita* (Bell's Palsy), *Kampavata* (Parkinson's disease), *Jwara* (Fever) and any *Kapha Vata* diseases. This study aims to supply a critical review on *Trikatukadi Kashaya* analyzing the ingredients qualitatively through their *Ayurveda* and modern pharmacodynamic properties. According to the critical review of *Trikatukadi Kashaya* has proven as *Kapha and Vata* pacifying medicine with anti-inflammatory, anti-microbial, anti-pyretic and anti-oxidant actions.

Keywords –*Trikatukadi Kashaya, Vatikaprakaranaya, Ayurveda*, Sri Lankan Traditional Medicine

INTRODUCTION

Trikatukadi Kashaya is a commonly used drug preparation in Sri Lankan Traditional Medicine. Also it is one of the main herbal preparations in *Vatikaprakaranaya* which is written by Illeperuma Arachchige don Sadiris da Alwis Illeperuma.^[1] It can be used for many diseases such as *Pakshagatha* (Hemiplegia), *Ardita* (Bell's Palsy), *Kampavata* (Parkinson's disease), *Jwara* (Fever) and any *Kapha Vata* diseases.^[2] In the modern society, there is an increasing demand for the *Ayurveda* and Traditional healing systems due to patient care, effectiveness and less side effects of the medicines. This is a frequently using herbal preparation in both Traditional and *Ayurveda* Medical systems in Sri Lanka.

LITERATURE REVIEW

In *Ayurveda* healing system, there are five basic primary preparations. They are

known as *Panchavida Kashaya Kalpana. Kashaya* (Decoction) is one of that preparations. The method of preparation as follows, clean all the crude drugs and measure them and grind all the materials in to coarse powder form. Then add 1920 ml of water, boil on moderate fire in clay pot, reduce in to 240 ml and filter it. Dosage of decoction is 120 ml. The life span is 24 hours. It can be given with different *Anupana* like castor oil, honey, rock salt and ginger power etc.^[3]

According to the *Vatikaprakaranaya*, herbal ingredients are,^[2]

- Thippili fruit - *Piper longum* - Piper longum L
- Gammiris seed - *Piper nigrum* - Piper aromaticum Lam.
- Viyaliguru rhizome - *Zingiber officinale*
- Aralu fruit - *Terminalia chebula*

- Bulu fruit – *Terminalia bellerica*
- Nelli fruit – *Phyllanthus emblica*
- Kottamalli seed - *Coriandrum sativum*
- Vadakaha root – *Acorus calamus*
- Katukarosana whole plant – *Picrorrhiza kurroa*
- Kohombaroot bark – *Azadirachta indica*
- Rasakindabark – *Tinospora cordifolia*
- Kaladuru rhizome – *Cyperus rotundus*

Table 01-Herbal ingredients used to prepare Trikatukadi Kashaya are as follows^{[4][5]}

Vernacular name	Sanskrit name	Botanical Name	Botanical description	Used parts
Thippili	<i>Pippali</i>	<i>Piper longum</i>	It is a vine in the family <i>Piperaceae</i> , cultivated for its fruit, which is usually dried and used as a spice and seasoning.	Fruit
Gammiris	<i>Maricha</i>	<i>Piper nigrum</i>	Is a perennial woody vine. It is a spreading and leaves are alternate, entire. It belongs to the family <i>Piperaceae</i> and is known as the king of spices. The part used is small grapelike berries.	Seed
ViyaliI guru	<i>Nagara</i>	<i>Zingiber officinale</i>	Is a flowering plant whose rhizome. It is a herbaceous perennial which grows annual pseudo stems bearing narrow leaf blades. The inflorescences bear flowers having pale yellow petals.	Rhizome
Aralu	<i>Harithaki</i>	<i>Terminalia chebula</i>	Is a tropical, deciduous tree with a thick, black, and cracked bark and grows up to 30 m in height and 1 m in trunk diameter. It is native to South Asia.	Fruit
Bulu	<i>Vibithaki</i>	<i>Terminalia bellerica</i>	Is a large deciduous tree to 50 m tall with a rounded crown. The bark is bluish or ashy-grey. Leaves large, glabrous.	Fruit
Nelli	<i>Amalaki</i>	<i>Phyllanthus emblica</i>	Is a deciduous tree, which is medium in size, and it grows up to 8 to 18 meters. Its leaves are 8 to 10 millimeter long.	Fruit
Kottamalli	<i>Dhanyaka</i>	<i>Coriandrum sativum</i>	It is a soft plant growing to 50 cm tall. The leaves are variable in shape and slender and feathery	Seed

			higher on the flowering stems.	
Vadakaha	Vacha	<i>Acorus calamus</i>	Marshy herb with a stout creeping and fruits berry-like, containing few seeds.	Root
Katukarosana	Katuki	<i>Picrorrhiza kurroa</i>	Almost all at the base, often withered. Leaves are coarsely toothed, narrowed to a winged stalk. Rhizomes of the plant are 25 cm long and woody and flowers small, pale or purplish blue.	Whole plant
Kohomba	Kiratha	<i>Azadirachta indica</i>	Is a fast-growing tree that can reach a height of 15m. It is evergreen. The branches are wide and spreading. The dense crown is roundish and opposite, pinnate leaves.	Leave & Bark
Rasakinda	Amritha	<i>Tinospora cordifolia</i>	It is a large, deciduous, spreading, climbing vine with several elongated twining branches. Leaves are simple, alternate, long petioles and its heart-shaped leaves and its reddish fruit.	Stem
Kaladuru	Mustaka	<i>Cyperus rotundus</i>	Is a perennial plant with tuberous, rhizomatous and leaves 5 cm long, 2-cm wide. Spikes bearing 3-10 spikelets, reddish or purplish brown and Flowers bisexual.	Rhizome

Table 02- Pharmacological properties of dravya used in TrikatukadiKashaya^{[5][6][7]}

Dravya	Rasa	Guna	Virya	Vipaka
Thippili	Katu	Laghu Teekshna Ruksha	Ushna	Madura
Gammiris	Katu	Laghu Teekshna	Ushna	Katu
ViyaliGuru	Katu	Guru Ruksha	Ushna	Madura
Aralu	Katu Thiktha Kashaya	Laghu Ruksha	Ushna	Madura

	<i>Madura Amla</i>			
Bulu	<i>Kashaya</i>	<i>Laghu Ruksha</i>	<i>Ushna</i>	<i>Madura</i>
Nelli	<i>Katu Kashaya Madura Thiktha Amla</i>	<i>Laghu Ruksha</i>	<i>Sheetha</i>	<i>Madura</i>
Kottamalli	<i>Tikta Kashaya</i>	<i>Laghu Snighdha</i>	<i>Ushna</i>	<i>Madura</i>
Vadakaha	<i>Katu Thiktha</i>	<i>Laghu Teekshna</i>	<i>Ushna</i>	<i>Katu</i>
Katukarosana	<i>Kashaya Madura Thiktha</i>	<i>Laghu Snighdha</i>	<i>Ushna</i>	<i>Madura</i>
Kohomba	<i>Tikta Kashaya</i>	<i>Laghu Ruksha</i>	<i>Sheetha</i>	<i>Katu</i>
Rasakinda	<i>Tikta Kashaya</i>	<i>Laghu Snighdha</i>	<i>Ushna</i>	<i>Madura</i>
Kaladuru	<i>Kashaya Katu Thiktha</i>	<i>Laghu Ruksha</i>	<i>Ushna</i>	<i>Madura</i>

Table 03- Chemical constitutes & pharmacological properties of dravya used in TrikatukadiKashaya^{[8][9][10][11]}

Dravya	Chemical constitutes	Pharmacological properties
Thippili	Piperine Piperlongamine	Anti-oxidant Anti-microbial Appetizer
Gammiris	Chavicine Anoleoresin	Anti-oxidant Anti-microbial Appetizer
ViyaliIguru	Curumene Bourbornene Cital	Anti-oxidant Anti-microbial Anti-diarrheal Appetizer
Aralu	Chebulinic acid Amino acid Succinic	Anti ageing Purgative Expectorant Anti pyretic
Bulu	Glucoside Tannins	Anti-oxidant Anti-microbial

	Gallic acid Ethyl Gallate	Anti-diarrheal Anti-hypertensive
Nelli	Phyllantine Phyllembein Glutamic acid	Immunomodulatory Anti-diabetic Anti-hyperglycemic Antioxidant
Kottamalli	Linolool Pinene Camphor	Appetizer Anti-oxidant Anti pyretic
Vadakaha	Acolamone Acorenone Cadalene	Improve intelligence Expectorant Anti-inflammatory
Katukarosana	Kutkin Glycoside	Purgative Anti-microbial Anti-oxidant
Kohomba	Nimbin Nimbiol Azadirachtol	Antioxidant Anti pyretic Anti-microbial
Rasakinda	Glycosides Tinosporide	Antioxidant Anti-microbial Anti-inflammatory Anti pyretic
Kaladuru	Camphene Limonene Sabinene	Antioxidant Anti-microbial Anti pyretic

DISCUSSION

Trikatukadi Kashaya is commonly indicated for *Kapha Vata* diseases. The qualitative analysis of 12 types of ingredients, most prominent *Rasa* in this formula is *Katu, Kashaya, Madura* and *Thiktha*, which are pacify *Kapha and Vata*. Also *Laghu, Thikshna* and *Ruksha Guna* which are circulate through *Srotas* (small channels) and removed *Margavarodha* (blockage of the small channels) and eliminate vitiated *Doshas* from the body. The ingredients possess *Ushna Veerya* which is pacify *Kapha and Vata*. *Vipaka* is noted with the *Madura* which is help to eliminate vitiated *Vata Dosha*. It contains antioxidant property so neutralize free radicals and anti-microbial action that

destroy viruses, bacteria, and damaged body cells in an oxidative stress. Also increase immunity also an antipyretic is a property that reduces fever and maintain the body temperature.

CONCLUSION

Trikatukadi Kashaya is one of common formula that used for many disease conditions like *Kapha and Vata* imbalances in the body. According to the critical review of *Trikatukadi Kashaya* has proven as *Kapha and Vata* pacifying medicine, due to this Pharmacological properties of *Katu, Kashaya, Madura* and *Thiktha, Rasa, Laghu, Ruksha* and *Thikshna Guna* with *Ushna Veerya* and *Madhura Vipaka*. *Trikatukadi Kashaya* can be used for many diseases such as

Pakshagatha (Hemiplegia), *Ardita* (Bell's Palsy), *Kampavata* (Parkinson's disease), *Jwara* (Fever) and any *Kapha Vata* diseases due to *Kapha Shamaka* (Pacify *Kapha Dosh*) and *Vata Shamaka* (Pacify *Vata Dosh*) action. The use of this medicine is a very common among Indigenous practitioners due to effectiveness and it was included in day today practice.

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Corresponding Author: Dr.S.M.M.W .Kumari, Demonstrator-Faculty of Indigenous Medicine, University of Colombo, Rajagiriya, Sri Lanka
Email: madushani.wathsalakumari92@gmail.com

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