

REVIEW OF TRUSHNA NIGRAHANA MAHAKASHAYA IN THE TREATMENT OF AMAJA TRUSHNA

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ABSTRACT

Trushna is a clinical condition described in Ayurveda and may occur as an independent disorder as well as symptom of various diseases. *Amaja Trushna* is characterized by involvement of *Ama* along with impaired *Agni*, resulting in manifestation such as excessive thirst, heaviness, anorexia and digestive disturbances. For the effective management of *Amaja Trushna* requires correction of *Agni* and digestion of *Ama* along with alleviation of *Trushna*. *Acharya Charaka* shortlisted some most effective group of drugs in the form of Dashemani in sutra sthana, among 50 Dashemani, *Trushnanigrahana Dashemani* which is useful in the treatment of abnormal thirst. It contains 10 drugs which is having the properties of *Deepana*, *Pachana*, *Amanashana*, *Trushnahara*. A closed observation reveals that the specific rasa, guna, virya, vipaka of these herbs constitute the principal factors contributing to their therapeutic action in *Amaja Trushna*.

KEY WORDS: *Trushna*, *Amaja Trushna*, *Trushnanigrahana mahakashaya/dashemani*, *Charaka samhitha*, *Ama*, *Agni Deepana*, *Pachana*.

INTRODUCTION

Trushna or excessive thirst which is described in ayurveda as a condition associated with disturbance of Jala mahabhuta, Udakavaha srotas and doshas. Classical ayurvedic texts describe different types of *Trushna* based on predominant dosha and underlying ethological factors. Among these *Amaja Trushna* is particularly significant because of its association with *Ama* and impaired *Agni*.

Clinical features may include *Trushna* associated with *Aruchi*, *Adhmana*, *Kaphapraseka*, *Gaurava*, *Alasya*, *Ajeerna* and other manifestation of *ama*.

Management of *Amaja Trushna* should not be limited to merely relieving thirst. The therapeutic approach should primary address the underlying *Agnimandhya* and *Ama*, while simultaneously controlling the symptom of

Trushna. Principle such as *Deepana*, *Pachana*, and *Trushnanigrahana* become importance in this context.

Acharya Charaka described *Trushnanigrahana mahakashaya* in 50 mahakashaya groups, each consisting of 10 medicinal substances, in *Shadvirechanashataashriteeya adhyaya* of sutra sthana, the 10 drugs included under *Trushnanigrahana mahakashaya* are *Nagara*, *Dhanvayasaka*, *Musta*, *Parpatata*, *Chandana*, *Kiratattikata*, *Guduchi*, *Hrivera*, *Dhanyaka*, *Patola*. This group exhibit properties relevant to *Agni Deepana*, *Amapachana*, *Dahashamana*, and *Pittakapha shamana* making the group conceptually relevant to management of *Amaja trushna*. A detail evaluation of rasa, guna, virya, vipaka, dosha karma and therapeutic action can help in understanding the principles underlying this classical drug group.^[1]

AIM: To review the classical ayurvedic concept of Trushnanigrahana mahakashaya and evaluate its potential role in the management of Amaja Trushna.

OBJECTIVES

1. To understand the concept of *Amaja Trushna*, including its nidana, dosha involvement, agni dysfunction and samprapti.
2. To analyse the pharmacological properties of Trushna nigradhana dashemani drugs, particularly their rasa, guna, virya, vipaka, and doshagna actions.
3. To evaluate the therapeutic potential of Trushnanigrahana dashemani as an ayurvedic approach for the management of Amaja Trushna.

MATERIAL AND METHODS

Trushna roga is a *Vatapitta prakopajanya vyadi* and it may occur as a separate disease or as a premonitory symptom or clinical feature or complication in various diseases. Acharya Charaka explained *Trushna* after *Visarpa* because *Trushna* manifests as a complication of *visarpa*. Sushruta explained *trushna* after *panatyaya*, because of their similarity in causative factor and treatment.^[2]

When a person does not feel content after consuming enough water, *Trushna roga* appears. Agni and vata regulate the body's ability to absorb biological fluids, according to ayurveda. When vata and pitta intensify on nidana sevana, vitiation spreads to *Mutravaha*, *Udakavaha* and finally dusti of *Rasavaha* srotas. Mukhashosha which causes the body to lose Rasa and Udaka, is premonitory indication of *Trushna roga*.^[3]

Furthermore, *Trushna* may appear as a side effect in serious diseases like *Jwara*, *Kshaya*, *Shosha*, *Prameha*, *Masurika* and *Swasa*. In ayurveda the term *Trushna* can refer to either a pathological or physiological process that appears to preserve the body's fluid equilibrium. Considering doshik's role *Trushna* is divided into various categories as *Vata*, *Pitta*, *Kapha*, *Sannipataja*, *Amaja*, *Kshayaja*, *Ksthaja*, *Upasargaja*.^[3]

Amaja Trushna also has predominance of *Agni mahabhuta* because it is manifested from *Ama Pitta* (pitta aggravated due to obstruction of *Ama*) and is characterized by *Aruci*, *Adhmana* and *Kapha praseka*.^[2]

Dosha- Pitta, Kapha, Vata
Dushya- Rasa, Udaka
Agni – Jataragni mandhya
Srotas- Rasa and Udakavaha
Srotodusti- Sanga
Panchamahabhuta- Jala mahabhuta

SAMPRAPTI OF AMAJA TRUSHNA

Nidana sevana → Agni mandya → improper digestion of Ahara → Ama formation → ama combines with Kapha and causes *Srotorodha* → Rasa dhatu and *Udakavaha* srotas become obstructed → Kleda and *Udaka* regulation become disturbed → Dosha Dusya *Samurchana* in the body → Vata (particularly due to obstruction) stimulates the thirst mechanism → *Amaja trushna*

Here drugs of Trushnanigrahana mahakashayas described from *Charaka samhitha* sutra sthana 4th chapter *Shadvirechanashataashriteeya adhyaya* for detail discussion.

Table 1: List Of Trishna Nigrahana Mahakashaya Drugs.^[4]

SI. NO	NAME	BOTANICAL NAME FAMILY	USEFUL PART ^[5-14]
1.	Nagara	<i>Zingibert officinale</i> Roscoe Zingiberaceae	Rhizome
2.	Dhanvayasaka	<i>Fagonia Arabica</i> Linn Zygophyllaceae	Seed
3.	Musta	<i>Cyperus rotundus</i> Linn Cyperaceae	Root
4.	Parpataka	<i>Fumaria indica</i> Fumariaceae	Whole plant
5.	Chandana	<i>Santalum albam</i> Linn Santalaceae	Heart wood
6.	Kiratiktaka	<i>Swertia chirata</i> Robx, Ex Flem Gentianaceae	Whole plant
7.	Guduchi	<i>Tinospora cardifolia</i> Menispermiceae	Stem
8.	Hribera	<i>Povonia odorata</i> Malvaceae	Root
9.	Dhanyaka	<i>Coriendrum sativum</i> Umbelliferae	Seed
10.	Patola	<i>Trichosanthes dioica</i> Roxb. Cucurbitaceae	Root

Table 2: Rasapanchaka of Trusna-Nigrahana Mahakashaya Drugs.

SL. NO	NAME	RASA	GUNA	VIPAKA	VEERYA
1.	Nagara ^[5]	Katu, Tikta	Laghu, Snigdha, ushna	Madhura	Ushna
2.	Dhanvayasaka ^[6]	Kashaya, Tikta ,	Laghu, Snigdha,	Madhura	Sheeta
3.	Musta ^[7]	Tikta , Kashaya	Laghu, Ruksha	Katu	Sheeta
4.	Parpataka ^[8]	Tikta	Laghu	Katu	Sheeta
5.	Chandana ^[9]	Tikta , Madhura	Laghu, Ruksha	Katu	Sheeta
6.	Kiratatiktaka ^[10]	Tikta	Laghu, Ruksha, Sara	Katu	Sheeta
7.	Guduchi ^[11]	Tikta , kashaya	Guru, Snigdha	Madhura	Ushna
8.	Hribera ^[12]	Tikta , Kashaya, Madhura	Laghu, Ruksha	Madhura	Sheeta
9.	Dhanyaka ^[13]	Tikta , Kashaya	Laghu, Snigdha	Madhura	Ushna
10.	Patola ^[14]	Tikta	Laghu, Snigdha	Katu	Ushna

Table 3: Karma And Rogagnata Of Trushnigrahana Mahakashaya.^[5-14]

SL. NO	NAME	DOSHAGNATA	KARMA	ROGADIKARA
1.	Nagara ^[5]	Vata Kapha	Pachaka , Deepaka , Rochaka, Vibandahara, Shoolahara, Grahi, Kasahara, Hrudyā	Ajeerna , Agnimandya , Vibanda, Anaha, Udara, Amavata, Shoola, Chardi, Arsha
2.	Dhanvayasaka ^[6]	Vata Pitta	Trushnahara , Kustagna, Dahanashaka , Jwaragna, Chardigna, Visarpanashaka,	Trushna , Daha , Visarpa, Jwara, Raktapitta, Vatarakta, Kusta, Mada, Bhrama
3.	Musta ^[7]	Pitta Kapha	Trushnahara , Pachaka , Deepaka , Rochaka, Jwaragna, Dahashamaka , Shramahara, Atisaragna	Trushna , Daha , Aruchi , Jwara, Atisara, Krimi
4.	Parpataka ^[8]	Pitta Kapha	Trushnahara , Dahahara , Ruchikara, Jwaragna, Sangrahi, Chardigna, Raktapittahara	Kaphajajwara, Daha , Trushna , Aruchi , Chardi, Raktapitta, Bhrama
5.	Chandana ^[9]	Pitta Kapha	Shramahara, Trushnahara , Jwaragna, Dahahara , Hrudyā, Raktaprasadaka, Kustagna, Vrushya, Krimigna, Kustagna, Angamardhaprasamaha	Daha , Trushna , Raktapitta, Kusta, Jwara, Visarpa, Krimi, Varnavikara,
6.	Kiratatiktaka ^[10]	Kapha Pitta	Dahanashaka , Ruchikara, Jwaragna, Trushnanigrahana , Vranaropaka, Kasahara, Swasahara, Shothahara,	Jwara, Daha , Trushna , Aruchi , Kusta, Swasa, Kasa, Kandu, Prameha
7.	Guduchi ^[11]	Tridosha	Jwaragna, Rasayana, Sangrahi , Deepana , Amahara, Trushnahara , Daharaha , Pramehagna, Kasahara Medya, Vayasthapana, Balya, Kustagna	Jwara, Vatarakta, Prameha, Agnimandya , Trushna , Daha , Kasa, Kusta, Krimi, Hrudroga
8.	Hribera ^[12]	Pitta Kapha	Kustagna, Dahahara , Pachana , Deepana , Jwaragna, Trushnahara , Atisaragna, Raktapittahara, Hrudyā, Ruchikara, Vranahara	Kusta, Daha , Atisara, Jwara, Trushna , Visarpa, Hrudroga, Vrana
9.	Dhanyaka ^[13]	Tridosha	Deepana , Jwaragna, Pachana , Trushnahara , Dahahara , Rochaka, Mutrala, Grahi, Swasahara, Hrudyā	Agnimandya , Mutrakruchra, Daha , Trushna , Aruchi , Jwara, Atisara, Swasa, Chardi, Krimi
10.	Patola ^[14]	Tridosha	Sukhavirechaka, Deepaka , Jwaragna, Pachaka, Balya, Kustagna, Amlapittahara	Kusta, Daha , Kandu, Amlapitta, Hrudroga, Klibya

DISCUSSION

Ayurveda describes *Amaja Trushna* as a condition in which, impaired *Agni* and formation of ama contribute to excessive thirst. The pathology is therefore not simply a deficiency of body fluids, rather, it involves *Agnimandya*, Ama formation and obstruction /derangement of the pathways associated with fluid metabolism.

Consequently, treatment should primarily aim at correcting *Agni* and digesting *Ama* rather than merely administering large quantity of fluids.

Trushnanigrahana dashemani drugs selected for their relevance in controlling excessive thirst. Its application in *Amaja Trushna* can be understood through the ayurvedic principals of *Deepana*, *Pachana*, *Amanashana*, and *Trushnanigrahana*.

Tikta Rasa helps in management of *Amaja Trushna* by its *Ama pachana*, *Deepana*, *kledhahara* and *srothovishodhana* properties. Through its *laghu* and *ruksha* guna, it acts on *Ama* and *kledha*, help in reducing pathological accumulation and obstruction. It improves *agni* and digestion of *ama*, contributes correction of underlying *samprapthi* and alleviation of thirst. *Tikta* rasa helps in *kapha pitta* shamana also.

In *Amaja trushna* increased *drava roopa pitta* may contribute to *kledha* accumulation. **Kashaya rasa** through its *kledha shoshana* and *sangrahi* properties helps regulate excessive *kledha*, *trushna prashamana*.

The *ruksha* and *shosaghna* guna helps to counter the *guru* and *pichila* guna of *ama* and reduces excessive *kledha*. Its *kapha* shamana action reduces *srothorodha* and restore the normal function.

Ushna veerya and *katu vipaka* acts on *agnimandya*, *ama* and *kapha*. **Usna veerya** does *Deepana* and counter the *sheeta* and *guru* guna associated with *ama* and *kapha*.

Katu vipaka does *Deepana* and *pachana* and *kledha shoshana* karma, further it makes *ama nashana*, *kledhahara* and *srothoshodhana*, thereby relieves the thirst.

By the actions of *Ushna veerya* and *Katu vipaka*, *Tikta* and *Kashaya rasa* leads to *Agnideepana*, but it further increases *Pitta* and *Shareera ushnata*. *Pitta* and *Ushnata* counterbalanced by *Madhura vipaka* and *Sheeta veerya*. The **Sheeta veerya** and **Madhura vipaka** of these drugs helps to reduce excessive *Ushnata* and *pitta*, provide cooling and soothing effect that may relieve thirst, *Madhura vipaka* also helps in *Dhatu poshana* and *Vata pitta* shamana.

CONCLUSION

From above study the therapeutic rationale is particularly important in *Amaja Trushna* because indiscriminate intake of cold water or excessive fluid may further impair *Agni* and aggravate the underlying pathology. Therefore, *Trushnanigrahana dashemani*, when appropriately administered according to the patient's *Dosha*, *Agni*, *Bala*, and stage of disease provides the more rational approach by addressing the underlying *Agni* *ama* disturbance along with the symptom of thirst.

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