



Review Article

COMPREHENSIVE DOCUMENTATION AND CRITICS ON *TRINAPANCHAMULA*

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KEYWORDS: *Kusha, Mutravaha Srotas, Mutrala, Panchamula, Trinapanchamoola.*

ABSTRACT

The word *Panchamula* is composed of two words *Pancha* (five) and *Mula* (roots). *Trinapanchmula* are the effective herbal formulation for *Mutravaha Srotogata Vikara*. This combination of drugs having *Kusha, Kasha, Nala, Darbha, Kandekshu*, these are explained separately as *Trinapanchamula*. In classics there is a sprinkled reference about utility of *Trinapanchamula*. Generally they are having the properties of *Madhura, Kashaya rasa, Snigdha Laghu Guna, Madhura Vipaka, Sheeta Virya* and *Tridoshahara* property. These drugs acts as *Jeevaniya, Rasayana, Mutrala, Agnidipana, Ruchi-var dhaka, Garbhasthapaka, Shukra* and *Rakta Shodhaka, Stanyajanana* and useful in *Prameha, Daha, Jvara, Trishna, Arshas, Gulma, Hridroga, Vatarakta, Rakta Pitta* etc. But in clinical practice it is insufficient to the mark for the application of same. The common health seeker uses many drugs in the form of grass juice in their routine practice in developed countries in that wheat grass is an excellent source for the latest ingredient. Here an attempt made to understand the usage of drug *Trinapanchamoola* in clinical practice for the management of different diseased condition. **Objectives of the Study:** The element study of *Trinapanchamoola* and its clinical utility in present scenario. **Materials and Methods:** All relevant data regarding the *Trinapanchamula* from classical text books, *Vedic* texts, recent articles, journals, and different websites. **Results and Conclusion:** *Trinapanchamula* are the group of drugs has been explained in Ayurvedic classics in different diseased conditions. These used as an ingredients of compound formulations and it is recorded in *Samhitas* as well as in *Sangraha Granthas*.

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INTRODUCTION

Trinapanchamula are important medicinal grasses which are used in Ayurvedic system of medicine since antiquity for the treatment of various ailments. *Trinapanchmula* are the drugs which are explained under *Mootra Veerechaniyagana* by *Acharya Charaka*^[1] but *Acharya Sushruta* has explained under *Veerataruvadigana* and separately as *Trinapanchamoola*.^[2] Even though *Acharyas* have

explained under different *Gana* but the drugs are acting on same *Srotas*. This combination of drug is effective herbal formulation for *Mutravaha Srotogata Vikaras* like *Urethritis*, defects and disorders of urine. These are extensively used in Ayurvedic therapeutics and quoted by all the *Nighantus*.

OBJECTIVES OF THE STUDY

The element study of *Trinapanchamoola* and its clinical utility in present scenario.

MATERIALS AND METHODS

All relevant data regarding the *Trinapanchamula* from classical text books, *Vedic* texts, recent articles, journals, and different websites.

Review of Literature**1. Trina****Nirukthi**

Nadadav Trinavargaa

Tridha Vamshah Kushah kastridhaNalah

Gundro Munjo Darbhamithochanakadi

Ganasrtunam^[3]

Trina Definition

Any Gramineous plant or herb or grass is called as *Trina* it can also be called as Blade grass.

Trina is one classification of plants according to their stature; the term is used throughout Ayurvedic literature such as *Charaka Samhita* and *Sushruta Samhita*^[4].

Definition According to Hinduism

Trina is often mentioned in the *Rig-Veda* and later it was used as straw to roof in a house or hut^[5].

2. Trina Panchamoola

Aggregate of 5 roots of gramineous plants are called as *Trinapanchamoola*. They are

1. *Kusha*
2. *Kasha*
3. *Nala (Shara)*
4. *Darbha*
5. *Kandekshu (Ikshu)*^[6]

Table 1: Classical categorisation of Trinapanchamoola according to different authors

Name the author	Name of the Gana (Varga)
<i>Charaka</i>	<i>Mutravirechaniya, Stanya janana varga</i>
<i>Sushruta</i>	<i>Trinapanchamoola</i>
<i>Bhavapraksha</i>	<i>Guduchyadivarga</i> ^[7]

Table 2: Rasa Panchaka Trina Panchamula

S.No	Drug name	Botanical Name	Rasa	Guna	Virya	Vipaka	Doshagnata
1.	<i>Kusha</i>	<i>Desmostachya Bipinnata (L.) Stapf</i>	<i>Madhura, Kashaya</i>	<i>Laghu, Sheeta</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridosahara</i>
2.	<i>Kasha</i>	<i>Saccharum spontaneum linn</i>	<i>Madhura, Tikta</i>	<i>Laghu, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Vata Pitta hara</i>
3.	<i>Nala</i>	<i>Arundo donax linn</i>	<i>Madhura, Tikta, Kashaya</i>	<i>Laghu, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Kapha Pitta hara</i>
4.	<i>Darbha</i>	<i>Imperata cylentrica</i>	<i>Madhura Kashaya</i>	<i>Laghu, Snigdha</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Tridosahara</i>
5.	<i>Kanedkshu</i>	<i>Saccharam officinarum</i>	<i>Madhura</i>	<i>Snigdha, Guru</i>	<i>Sheeta</i>	<i>Madhura</i>	<i>Pittahara</i>

Different Trinapanchamula Yoga

1. *Trinapanchamula Kashaya*
2. *Trinapanchamula Ghrita*
3. *Trinapanchamula Dugdha*
4. *Ashmarihara Kashaya*
5. *Stanya Janana Kashaya*
6. *Mutravirechaniya Kashaya*
7. *Chandanadi Taila*
8. *Karpooradi Arka*
9. *Vatagajankusha rasa*
10. *Virataruvadi Kashaya*
11. *Kushavaleha*
12. *Kushadyaghrita*
13. *Panchatrina Kshira*
14. *Kushadhya Taila*
15. *Kushadhya ghrita*^[8]

Clinical Utility of Trinapanchamula

It can be categorised into following headings

1. Clinical utility in particular *Dosha*
2. Clinical utility in particular *Vyadhi*
3. Therapeutic usage

Clinical Utility in Particular Dosha

In *Pittashamaka Gana Trinapanchamula* is explained^[9] and in the *Chikitsa* of *Vatapradhana Vatarakta* in the preparation of a *Taila Paka Trinpanchamula* is one among the ingredient^[10]. In

Pittashamaka Dravya Trinapanchamula is also one among the *dravya*^[11] and during the preparation of *Niruha basti Trinapanchamula* is also an ingredient^[12]. In that arising from indulgence in dry and hot things drinking of *Tiktaka Ghrita* or *Vasaghritha* should be consumed to mitigate or medicated ghee prepared from the decoction of *Trinapanchamula* and paste of drugs of *Jeevaniyagana* likewise drinking of milk boiled either with drugs of *Nyagrodadhigana* or of *Trinapanchamula* should be adopted.^[13] The roots of *Trinapanchamula* alleviator of *Pitta* and cleans the urinary bladder and the *Kshira* which is prepared by same drug is cures the Hematuria.^[14]

Clinical Utility in Particular *Vyadhi*

In *Raktapitta Bahya Prayoga (Pradeha, Parisheka, and Avagahana)* *Dravyas Trinapanchamula* are mentioned^[15]. In *Trishna chikitsa* during *Mamsarasa Prayoga* it should be administered along with *Trinapanchamuladi Dravya*^[16]. *Kusha, Kasha, Nala, Darbha, Kandekshu*, are the *Trinapanchamula* which are indicated in *Mutradosha vikara* and *Raktapitta* and if *Ikshu* is used along with *Kshira* it removes *Mutra dosha* very easily^[17]. Patients of *Vatarakta* are accustomed with oil can drink oil (medicated) mixed with milk and sugar or the oil prepared from the decoction of *Shatavari, Mayuraka (Apamarga), Kshiravidari*, the two *Bala Trinapanchamula* and paste of drugs like *Padmakadi Gana* or the same cooked one hundred times. Milk medicated with drugs which subdue *Vata* or sour liquids processed likewise made comfortably warm should be poured repeatedly over the body as *Parisheka*.^[18] In the *Chikitsa* of *Kshataja Trishna Trinapanchamula Sarivadigana, Utpaladigana, Vidarigandadigana Dravyas* are made into coarse powder and kept in open space mixed with *Jala* over a night and next morning drugs are squeezed properly, sieve through a cloth mixed with *Sharkara, Madhu*, given to *Trishna* patient along with dry grapes are used as *Prakshepaka Dravya*.^[19] While explaining *Virataruvadigana Trinapanchamula dravyas* are mentioned and it is indicated in *Ashmari, Sharkara, Mutrakrichra, Vataja Ashmari* and *Bhrihatvata* conditions.^[20] In *Pittaja Mutrakrichradhikara Dravyas* like *Draksha, Vidari, Ikshurasa, Ghrita* are used in the form of *Seka, Avagahana, Pradeha*, and in the form of *Basti* also can be planned. In the same condition *Greeshma Ritu Charya* can also be adopted.^[21] In *Raktayukta Mutrakrichra* can take *Madhya* or boiled milk can be given along with *Ghritha, Sharkara*, or half part of *Sharkara*, added with *Amalaki Swarasa* or *Madhu* or *Ikshurasa* is advised.^[22] *Trinapanchamoola* are used in *Pittajamutrakrichra* and it acts as

a *Basti Vishodana*^[23] *Trinapanchamula* are used in *Mutraghata, Ashmari, and Mutrakrichra*^[24].

Therapeutic Usage

In the preparation of *Chandanadi basti Trinapanchamula* is one among the group of drugs, 2 *Karsha* of *Trinapanchamula* is used in this preparation and it is indicated in *Bastidaha, Atisara, Pradara, Raktapitta, Hridroga, Panduroga, Vishamajvara, Gulma, Mutraghata, Kamala*, and in all *Pittaja Vikara*^[25]. In the preparation of *Taila* in the management of *Ardita Trinapanchamula* are used along with *Brihatpanchamula, Kakolyadi Gana, Vidarigandadi Gana, Anupamamsarasa* etc., are used and this combination is also indicated in the form of *Shirobasti, Nasya, Dhumapana, as Avapidana nasya*^[26].

In the preparation of *Mrunaladi taila Trinapanchamula* is one of the ingredients and it is used in *Daha, Asrigdhara, Visarpa, Vatarakta, Vidhradhi, Raktapitta, Jvara* and *Pittaja vyadhi*^[27]. In the preparation of *Lodradi Asthapana Basti Trinapanchamula* is one of the ingredients along with that *Rodra, Sariva, Vrusha, Kashmarya, Medha, Madhuka, Padmaka, Sthira, Jivaka, Kakoli, Madhuka, Utpala, Prapoundarika, Jeevanti*, etc., are used and it is indicated in *Gulma, Asrigdhara, Hridroga, Panduroga, Savishamajvara, Raktapitta, Atisara*, along with *Pittaja vikara*^[28].

In the preparation of *Trinamuladighrita Trinapanchamula* is one among the ingredients and it is used in the form of *Trinapanchamula Kashaya* along with that *Jeevaniyagana, Kakolyadigana, Nyagrodadhigana, Utpaladigana*, are used and it is indicated in *Raktaja* and *Pittaja Gulma*^[29]. In the preparation of *Rasnadi basti Trinapanchamula, Rasna, Chandana, Padmaka, Yasti, Rodra*, are taken *Palardhamatra* and *basti* should be prepared it is indicated in *Daha, Atisara, Pradara, Raktapitta, Hridroga, Panduroga, Vishamajvara, Gulma, Mutraghata, Kamala*^[30]. In *Madhuraskanda dravya Trinapanchamula* is also one and in *Pittaja Mutraghata chikitsa Trinapanchamula Kwatha* along with *Madhu* and *Sharkara* is given along so many other drugs.^[31]

In *Samanya Mutraghata chikitsa* drugs for *Niruha* and *Anuvasana* are enlisted among those *dravya Trinapanchamula* is one in *Niruhabasti* preparation.^[32] At the same time medicated oil is prepared from the decoction of *Shatavari, Gokshura*, the two *Bhruhati, Punarnava, Ushira, Madhuka*, the two *Sariva Shreyasi, Lodhra*, and *Trinapanchamula*, 4 parts of *Kshira*, paste of *Bala, Vrکشaka, Kharahva, Upakunchika, Vatsaka, Trapusa, Urvarubija, Sitivaraka, Madhuka, Sadgrantha, Shatahva*,

Ashmabheda, Madana and Hapusha, this oil should be used for *Uttarabasti*^[33]. *Trinapanchamula kwatha* is given along with *Sharkara* and it is best in *Mutraghata*^[34] *Trinapanchamoola* are used in the form of *Shatavaryadi Ghrita*^[35]

In the preparation of *Shatavari kshiraghrita Trinapanchamula* are used and it is indicated in *Pittaja Mutrakrichra*^[36] In the preparation of *Trikantakadhya Ghrita Trinapanchamula* are used it is indicated in all kinds of *Ashmari* and can be given with *Guda* or can lick directly.^[37] In the preparation of *Punarnavadhya leha Trinapanchamula* are used and it is indicated in making the *Balaka* to *Sukumara* and *Balavardhaka, Lakshmidayaka, Rasayana*^[38]

Trinapanchamuladhya Ghrita is indicated in *Mutradosha, Sharkara, Ashmari*^[39] and in the treatment of *Mutrakrichra Trinapanchmula Payasi* is indicated.^[40] In the preparation of *Shatavaryadi Kwatha Trinapanchamula* are used and it is indicated in *Pittajamutrakrichra*^[41] Also during the management of *Pittajamutrakrichra Shatavaryadi ghrita* is indicated and in this preparation *Trinapanchamula* are used.^[42]

Trinapanchamula are used in the preparation of *Naladikwatha* and it is indicated in obstructive *Uropathy*^[43] and in the preparation of *Aparavirataravadi Taila Trinapanchamula* are used and this *Taila* is used in the form of *Basti*, it is indicated in *Sharkara, Ashmarishula, Mutrakrichra*^[44]

DISCUSSION

Trinapanchamula consisting of five medicinal herbs of grass variety and those are *Kusha, Kasha, Nala, Darbha*, and *Ikshu*. These drugs are having similar *Rasa Guna Virya Vipaka* and along with *Tridosahara* property. Among five drugs single drug also exhibit the similar property and it can use in clinical practice. According to *Samanya Visheshha siddhanta* similar property of a group of drug may exhibit its similar property when we used as a single drug. Based on the particular dose, duration and *Anupana* it should be advised for the better results. Wide range of clinical utility has been explained in the classics in many diseased conditions, should be brought in day today practice to get the good results.

CONCLUSION

- *Trinapanchamula* are the group of drugs which are explained in many diseased conditions.
- Similar properties of the drugs are helps to be active in similar indications so these drugs are acts as *Tidosahara*.

- These drugs can be used in many formulations with proper dosage and duration for the success full of treatment.
- By their *Mutrala* property these are not only limited to the *Mutravaha Srotogata vikara* but it can also used in other diseases.
- Adopting proper usage of these drugs in day today clinical practice is an essential challenge to get its proper usage.
- Scattered information of the *Trinapanchamula* has to bring for its better usage to their effect in different diseased conditions.

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Cite this article as:

Nagarajnaik Chavhan, Shashirekha H.K, Bargale Sushant Sukumar, S.N.Belavadi, Tejashwini Hiremath. Comprehensive Documentation and Critics on Trinapanchamula. AYUSHDHARA, 2019;6(6): 2458-2463.

Source of support: Nil, Conflict of interest: None Declared

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