

TRINETRA RASA: A LITERARY REVIEW

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ABSTRACT

Rasashastra is a branch that deals with Ayurveda pharmaceuticals that deals with formulations that have metals, minerals, etc. Various formulations are mentioned in rasashastra that can be categorized as khalviya yoga, parpati yoga, kupipakwa yoga and pottali yoga. Among these the most commonly practiced is khalviya yoga. Trinetra rasa is one such formulation that is described in various ayurveda treatises. Trinetra rasa comes under khalviya rasa preparation. But there are a few references where after mixing the ingredients, A bolus is made and subjected to heat in a Valuka yantra. A detailed literary search is carried on various Rasashastra texts and different Trinetra rasa with their, ingredients, Bhavana dravya, dose, indications are compiled. Six varieties of Trinetra rasa were found with different ingredients and indications in various Ayurvedic texts.

KEYWORDS: Trinetra rasa, Ayurveda pharmaceuticals, khalviya yoga, rasashastra.

INTRODUCTION

Trinetra rasa is a khalviya rasa mentioned in various texts of Rasashastra. Various references of Trinetra rasa are found in the text of rasashastra with slight variation in the ingredients. Difference is found in ingredients, bhavana dravya, matra, anupana; indications are found

based on the combinations of various ingredients.

MATERIALS AND METHODS

The ingredients of Trinetra rasa explained in various texts of rasashastra are tabulated and reviewed.

Table 1: Trinetra rasa- preparation done without heat.

Sl. No	Reference	Ingredients	Bhavana dravya	Dose	Indications
1	Yoga ratnakara-Hridrogaadhikara 34/36-37	Parada (Mercury) Gandhaka (Sulphur) Abhraka bhasma (Mica)	Arjuna twak (<i>Terminalia arjuna</i>) Kashaya 21 times	1Masha(1gm)	Hridroga (Heart disease)
2	Rasa Chandamshu	Bhasma(ash) of Swarnamaksikha (Copper pyrite), Loha (Iron), Swarna (Gold), Vanga (Lead), Shukti (Oyster), Tamra (Copper), Abraka (Mica) Powders of Ahiphena (<i>Papaver somniferum</i>), Kesara (<i>Crocus sativus</i>), Rudraksha (<i>Elaeocarpus ganitrus</i>), Gandhaka (Sulphur), Chitrakamula (<i>Plumbago zeylanica</i>), Hingu (<i>Ferula assafoetida</i>), Trikatu (<i>Piper nigrum</i> , <i>Piper longum</i> , <i>Zingiber officinale</i>), Triphala	Ardraaka (<i>Zingiber officinale</i>) swarasa- 3-4 days	3 Gunja (375mg)	Mandagni (Dyspepsia), Amavata (Rheumatism), Jalodhara (Ascites), Vataroga (Diseases due to vatadosha, Prameha (increased frequency and turbidity of urine), Graana-Akshi-Karna-jhivaroga (Diseases of

		(<i>Terminalia chebula</i> , <i>Terminalia bellerica</i> , <i>Embolica officinalis</i>), Shigru (<i>Moringa oleifera</i>), Ajamoda (<i>Trachyspermum ammi</i>), Yavani (<i>Trachyspermum ammi</i>), Pippalimula (<i>Piper longum</i>), Bharangi (<i>Clerodendrum serratum</i>), Lasuna (<i>Allium sativum</i>), Jeeraka Dwaya (<i>Cuminum cymimum</i>)			nose, eyes, ears and tongue) Vatarakta (Gout)
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Table 2: Trinetra rasa.

Formulation prepared using medium of heat

Sl. No	Reference	Ingredients	Bhavana dravya	Dose	Indications
1	Rasendra Chintaman ^[3]	Parada (Mercury), Gandhaka (Sulphur) Abhraka bhasma (Mica), vatsanabha (<i>Aconitum ferox</i>) Bhavana dravya- Goksheera (Cow's milk), nirgundi rasa (<i>Vitex negundo</i>)- 1 day	Bolus is made after bhavana - heated in Valuka yantra for 3 yaama. Later 1/8 th of vatsanabha choorna is added	2-2 gunja (250mg)	Sannipataja and tridoshaja vyadhi with panchakola as anupana. As pathya-ajaksheera is to be given
2	Rasa Ratnakara ^[4]	Parada (Mercury), Gandhaka (Sulphur), Tamra bhasma (Copper) Bhavana dravya- Nirgundi Swarasa (<i>Vitex negundo</i>)- 1 Day (Instead of Tamra, Shudha Swarna and Shudha Rajata is to be added giving bhavana with Kumari swarasa)	The mixture is kept in valuka Yantra and heated on teevragni for 3 yaama	1 Gunja (125mg)	Pusti, Virya, Balakara (strengthening)
3	Rasendra Sara Sangraha ^[5]	Parada (Mercury), Gandhaka (Sulphur), Vanga Bhasma (Tin ash) Bhavana dravya - Durva (<i>Cynodon dactylon</i>), Yasti (<i>Glycyrrhiza glabra</i>), Gokshura (<i>Tribulus terrestris</i>), Shalmali (<i>Bombax ceiba</i>)	Mardana is done with Durva, Yasti, Gokshura, Shalmali. Then bolus is made and kept in Bhoodhar ayantra for 4 prahara	3 Gunja (375mg)	Mootrakrichra (Dysuria) Anupana is Payasa done with Durva, Yasti, Goksheera, shalmali
4	Rasendra Sara Sangraha ^[6]	Suddha Parada (Mercury), Shuddha Gandhaka (Sulphur), Tamra Bhasma (Copperash) Bhavana dravya- Jambira swarasa (<i>Citrus limon</i>)	The bolus prepared is kept in Bhoodhar a yantra for 4 prahara and heated	1 Gunja (125mg) Anupana: Payasa done with Durva, Yasti, goksheera a, shalmali	Anupana Shunti Choorna+ Saindhava/Eradataila+ Madhu/ Hingu+ Goksheera- in sarvashulahara. Harini Shrungha, Swarna Bhasma, Harina, Tankana- indicated in all types of shula. With Ghrita (ghee) and Madhu (honey) it is given in Paktishula

DISCUSSION

A literary review on Trinetra rasa has put light on different formulations of it. A few are khalviya yoga prepared without employing any heat and a few are subjected to heat after making a compound mixture.

Parada and gandhaka are the main ingredients with addition of another bhasma of abhraka, or tamra or vanga in it; thus the term trinetra rasa. There are some variations in the inclusion of other drugs, the bhavana dravya, dose, have changed and hence the indications are

varied.

The reference of Yogaratnakara has mentioned of parada, gandhaka, abhraka bhasma with arjuna twak as bhavana dravya. As arjuna dravya is hridya, it gives a synergistic effect to the formulation and this formulation is indicated in all types of hridroga.

The same combination with addition of vatsanabha (*Aconitum ferox*) is indicated in Sannipataja and tridoshaja vyadhi with panchakola as anupana.

Suddha Parada (Mercury), Shuddha Gandhaka (Sulphur), Tamra Bhasma (Copper ash) with change in bhavana dravya and anupana are indicated in different conditions. Thus the role of bhavana dravya is emphasized here.

A few references of Trinetra rasa found have the role of heat, where the bolus of the ingredient is subjected to heat in baluka yantra. The role of agni samskara by which the drug because of samskara will enhance in its guna.

CONCLUSION

Trinetra rasa is a formulation having its description in various Ayurvedic text books. Mainly three ingredients are there in most of the combinations. Parada and Gandhaka are common with combination of abhraka bhasma or vanga bhasma or tamra bhasma. The bhavana dravya and anupana vary in different references; thus the change in indications.

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