



RUTU TRIVRIT: A POTENTIAL FORMULATION FOR THERAPEUTIC APPLICATIONS

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ABSTRACT

Ayurveda, the ancient Indian system of medicine, emphasizes not only curative but also preventive and promotive health care through practices like Ritucharya (seasonal regimen). In this context, the term "Rutu Trivrit" refers to a specific formulation or therapeutic approach involving the herb Trivrit (*Operculina turpethum* Linn.) used in alignment with seasonal transitions. Trivrit (*Operculina turpethum* Linn.) that has been widely used for its excellent therapeutic effect, since vedic period till date. According to Acharya Charaka, trivrit is an agrya dravya for sukha virechana (term "Sukhavirachana" combines *Sukha* ("gentle" or "comfortable") and *Virachana* ("purgation"). Therefore, Sukhavirachana denotes a mild, non-distressing purgation therapy) designed to clear the bowels without causing significant discomfort. In the Charaka Samhita, particularly in the Kalpa Sthana, various formulations of Trivrit (*Operculina turpethum*) are described, each with specific Anupanas (vehicles) to enhance the absorption, bioavailability, and therapeutic effect of the primary drug accordance with bala, agni, rutu, etc.

KEYWORDS: Trivrit, *Operculina turpethum*, Rutu, Rutu sukhavirechana, Anupana, Rutu Trivrit.

INTRODUCTION

Trivrit (*Operculina terpethum Linn*) is an herb of Indian origin, it belongs to Convolvulaceae family. Since it has potent medicinal properties and virechaka in action it is used as an easy purgative that is sukh virechaka in various ailments. Virechana is one of five major shodhana procedures having a great significance in treating various diseases and expelling vitiated doshas out of body as described by Acharya Charaka.^[1] It is particularly beneficial for disorders caused by Pitta, especially when Pitta is associated with either Vata or Kapha. Acharya Charaka categorized virechana into 3 levels of Intensity: Mridu, Madyama, Tikshna, Similarly, Virechana Dravya can be classified based on their mode of action as Anulomana, Sramsana, Bhedana and Rechana. Among many Ayurvedic herbs that are useful for easy purgation Trivrit (*Operculina turpethum Linn*) is considered as sukhavirechaka. Rutu Trivrit is a unique concept explained in kalpasthana of charaka Samhita where specific combination of drugs is given in specific rutu and yields better result as it is in accordance with anupana, bhavana and samskara etc in order to expel the vitiated doshas completely and to attain dhatusamya.^[2]

REVIEW ON RUTU

Introduction

Definition^[3]: Which is in a tendency to move continuously in a cyclic manner is called as ritu (seasons). The period of one year is divided into six ritus- Shishira (winter season), Vasanta (spring season), Grishma (summer season), Varsha (rainy season), Sharada (autumn season), and Hemanta (winter season). Tikta (bitter), Kashaya (astringent), Katu (pungent), Amla (sour), Lavana (salt), Madhura (sweet) tastes are predominated in food and medicines in respective seasons. According to the intensity of sun rays, these six seasons are divided into two groups such as;

1. Adaana kaala (debilitating period)
2. Visarga kaala (strengthening period).

According to purificatory therapy, these are grouped in two groups as follows;

1. Sadharan ritu (General seasons) - Pravrita, Sharada, Vasanta ritu.
2. Vishistha ritu (specific seasons) - Hemanta, Grishma, Varsha ritu

Predominance of Guna, Rasa, and Bala in Adaana kala is given in following table

Ritu of Adana kala	Guna (properties)	Rasa (teste)	Bala(strength)
Shishira (winter season)	Alpa rukshata (mild dryness)	Tikta(bitter)	Uttam (superior strength)
Vasant (spring season)	Madhyama rukshata (moderate dryness)	Kashaya (astringent)	Madhyama (medium strength)
Grishma (summer season)	Ati rukshata (excess dryness)	Katu (spicy)	Durbala (inferior strength)

Predominance of Guna, Rasa, and Bala in visarga kala is given in following table

Ritu of visarga kala	Guna (properties)	Rasa (teste)	Bala(strength)
Varsha (rainy season)	Alpa snighdhata (Mild unctuousne)	Amla (sour)	Durbala (inferior strength)
Sharda (autum season)	Madhyam snighdhata (moderate unctuousne)	Lavan (salty)	Madhyama bala (moderate strength)
Hemanta (winter season)	Snigdhata (excess unctuousness)	Madhura (sweet)	Uttam bala (superior strength)

Effect of Ritu on dosha

According to the sanchaya (accumulation), prakopa (aggravation) and prashamana (mitigation) of the dosha, the Shishira and Hemanta ritus seems to be similar. Hence these two ritus are explained in single ritu i.e. Hemanta ritu.

Dosha	Sanchaya	Prakopa	Prasara
Vata	Greeshma	Varsha	Sharada
Pitta	Varsha	Sharada	Hemanta
Kapha	Shishira /Hemanta	Vasanta	Greeshma

Review on Trivrit

Latin Name: *Operculina turpethum* Linn.

Family: Convolvulaceae

Kula: Trivrit kula

Gana vargeekarana of Trivrit in Various Texts

Sr. no	Samhita / Nighantu	Varga / Ganas
1	Charaka ^[4]	Bhedaniya Vishaghan Asthapanopaga gana
2	Sushruta ^[5]	Shamadi Adhobaghara gana Tikta varga
3	Vaghbhata ^[6]	Virechana gana Niruha gana Shyamadi gana
4	Bhavprakash Nighantu ^[7]	Guduchyadi varga
5	Dhanwantri Nighantu ^[8]	Guduchyadi varga
6	Madanpala Nighantu ^[9]	Abhayadi varga
7	Kaiyadeva Nighantu ^[10]	Oshadi varga
8	Raja Nighantu ^[11]	Pippalyadi varga
9	Aadarasha Nighantu ^[12]	Vriddadarvadi varga
10	Priya Nighantu ^[13]	Pippalyadi varga

* B.N – Bhavaprakasha Nighantu, D.N – Dhanvantari Nighantu, MP. N – Madanaphala Nighantu, K.N – Kaiyadeva Nighantu, R.N – Raja Nighantu

Morphology: *Operculina turpethum* Linn. Belonging to Convolvulaceae family is a perennial twiner with milky juice. Root is long, slender, fleshy, branched and root bark is easily removable. Stem is twisted three angled hence it is known as Trivrit. Simple leaves with ovate or oblong shape. Flowers are funnel shaped and white in colour. It can be easily cultivated with seeds or layering. Harvesting of roots recommended after 18 months of plantation.



Chemical Constituents

An ether insoluble glycoside-turpeth in, 2 other soluble glycosides- α , β turpethins Coumarin scopolamine along with sugars glucose, rhamnose, fructose 4-0-methyl apigenin luteolin & its derivative, gentilic, protocatechuic anillin, p-coumaric, meteoritic, ferulic acids, turpentine acids A, B, C, D & E, saponins are major components derived from various parts of this plant.^[14]

Table 3: Rasapanchaka of Trivrit According to Different Nighantus.

Sr. No	Properties	B. N	D. N	MP. N	K. N	R. N
1	Rasa	Madhura	Madhura -shweta Katu- shyam	Tikta	Katu, tikta, Madhura, Kashaya	Tikta, katu
2	Guna	Ruksha	Ruksha	Ruksha	Ruksha	Ruksha
3	Veerya	Ushna	Ushna	Ushna	Ushna	Ushna
4	Vipaka	Katu	Katu	Katu	Katu	Katu
5	Prabhava	Virechana	Virechana	Virechana	Virechana	Virechana

Synonyms**Table 1: Synonyms of Aruna Trivrit in Nighantu.**

Sr. No	Synonyms	B.N	D.N	MP. N	K. N	R. N
1	Bhandi	+	-	-	-	-
2	Tribandi	-	+	+	+	-
3	Triputa	+	+	+	+	+
4	Sarvanubhuthi	+	+	+	+	-
5	Sarala	+	+	+	-	-
6	Tryasra	-	+	+	+	-
7	Kakakshi	-	+	-	-	-
8	Kumudagandini	-	+	-	-	-
9	kalindi	-	-	-	-	+
10	Kumbha	-	-	+	+	-

Table 2: Synonyms of Shyama Trivrit in Nighantus.

S.No	Synonyms	B. N	D.N	MP. N	K. N	R. N
1	Ardhachandra	+	+	+	-	+
2	Palindi	+	-	-	+	-
3	Sushennika	+	+	-	+	+
4	Masuravidala	+	+	+	+	+
5	Malavika	-	+	+	-	+
6	Tamrapushpa	-	-	-	+	-
7	Kalameshika	+	+	+	+	+
8	Koshapala	-	-	-	+	-

Table no. 4: Karmas of Trivrit acc.to different Nighantu:

Sr No.	Nighantu	Karma
1	Bhavaprakasha Nighantu	Tridoshahara, Kaphapittahara
2	Raja Nighantu	Kaphapittahara
3	Madanapala Nighantu	Kaphapittahara
4	Madanadi Nighantu	kaphapittahaa
5	Kaiyadeva Nighantu	kaphapittahaa

Concept of Anupana (vehicle)^[15]

Paribhasha: Anupana (vehicle) is defined as the pana (drink) which is taken immediately after ahara (food), oushadha anga and oushadha yoga (medicines).

Anupana karmukata: As the oil added to water spreads quickly on the surface of water, so the oushadha (medicine) along with the Anupana spreads in the body and produces its effect when administered with appropriate Anupana.

Benefits and Importance of Anupana: Anupana invigorates, gives contentment, helps in proper movement of food inside, stability of body, softens the consumed food, increases the kledata (moisture) and helps in proper digestion of the food.

RUTU –TRIVRIT^[16,17]

Trivrit as sukhavirechaka is widely used in various treatment procedures. To maximize the benefits of Trivrit, it should be administered with various rutus, adjuvants to enhance its effectiveness based on the rutus.

Table 5: Rutu-Trivrit and its Drug properties.

Rutu	Drug mention	Botanical name	Rasa	..Guna	Doshaghnta	Pridominat Dosha	Anupana	Use
Varsha	Trivrut	<i>Operculina turpenthum linn</i>	Madhura	Ruksha	Tridosahara, Kaphapittahara	Vata	Dakshrasa	virechana
	Indrayava	<i>Holarrhena antidysenterica</i>	Katu	Laghu, ruksha	Tridosagna			
	Pippali	<i>Piper longum linn</i>	Katu	Anushna, Snigda	Kaphavata hara			
	Vishwabhesha	<i>Zingiber officinale linn</i>	Katu	Ushna, Snigda	Kaphavata hara			
	kshoudra	<i>Honey</i>	Kashaya, Madhura	Ruksha	Kaphapittahara			
Sharada	Trivrit	<i>Operculina turpenthum linn</i>	Madhura	Ruksha	Tridosahara, Kaphapittahara	Pitta	Drakshaambu	virechana
	Duralabha	<i>Fagonia cretica linn</i>	Kashaya, tikta	Laghu, Ruksha	Pittakaphahara			
	Musta	<i>Cyperus rotundus linn</i>	Tikta, katu	Laghu, Ruksha	Kaphapittahara			
	Sharkara	sugar	Madhura	Laghu, Sheetu	Pittahara			
	Udeechya	<i>Pavonia odorata willd</i>	Madhura	Sheetu, Laghu, Ruksha	Kaphapittahara			
	Chandana	<i>Santalum album</i>	Madhura, tikta	Sheetu, laghu, Ruksha	Kaphapittahara			
	Drakshambu	<i>Vitis vinifera linn</i>	Madhura	Guru, Sheetu	Kaphapitta hara			
	satala	<i>Hibiscus rosa - sinensis linn</i>	Tikta	Laghu, sheetu	Kaphahara			
Hemanta	Yastyahwa	<i>Glycyrriza glabra linn</i>	Madhura	Guru, sheetu	Vatapitta hara	vata (Shleshmach aya)	Water	Due to Prabhava sheetavata in this season, virechana yet it can be given necessary condition
	Trivrit	<i>Operculina turpenthum linn</i>	Madhura	Ruksha	Tridosahara, Kaphapittahara			
	Chitraka	<i>Plumbago zeylanica linn</i>	Katu	Ruksha, Ushna	Vatakaphahara			
	Pata	<i>Cyclea peltate Hook</i>	Katu	Teekshana, Laghu	Vatakaphahara			
	Ajaji	<i>Cuminum cyminum linn</i>	Katu	Ruksha	Vatahara			
	Sarala	<i>Pinus roxburghii</i>	Madhura, Tikta	Snigda, Ushana	Vatakaphara			
	Vacha	<i>Acorus calamus linn</i>	Tikta	Ushana	Vatahara			
Greeshama	swarnaksheeri	<i>Argemone Mexicana</i>	Tikta	Hima	Pittahara	Pitta	Equal amount of sharkara	Virechana
	Trivrit	<i>Operculina turpenthum linn</i>	Madhura	Ruksha	Tridosahara, Kaphapittahara			
Sarvarutu yoga 1	Trivrit	<i>Operculina turpenthum linn</i>	Madhura	Ruksha	Tridosahara, Kaphapittahara		Churna bhavana in gomutra	Causes virechana and maladoshahara in the patients who has undergoes snehana procedure
	Hapusha	<i>Juniperus communis linn</i>	Tikta	Guru, ushna	Kaphahara			
	Satala	<i>Hibiscus rosa sinensis linn</i>	Tikta	Laghu, sheetu	Kaphahara			
	Katurohini	<i>Picrorrhiza kurroa benth</i>	Tikta	Ruksha, laghu, sheetu	Kaphapittahara			
	swarnaksheeri	<i>Argemone mexicana linn</i>	Tikta	Laghu, ruksha	Pittahara			
Sarvarutu yoga 2	Trivrit	<i>Operculina turpenthum</i>	Madhura	Ruksha	Tridosahara, Kaphapittahara		Churna mixed with	Causes virechana in

		<i>linn</i>					sarpi mamsarasa, and ushnaambu	the patient who has not even undergone snehana procedure			
	Durlabha	<i>Fagonia cretica linn</i>	Kashaya, Tikta	Laghu, ruksha	Pittakaphahara						
	Vatsaka	<i>Holarrhena antidysenterica</i>	Tikta, Kashaya	Laghu, ruksha	Pittakapha hara						
	Hastipippali	<i>Piper chaba linn</i>	Katu	Teekshana, laghu	Vatakapha hara						
	Neelini	<i>Indigofera tinctoria</i>	Tikta	Ushana	Vatakaphahara						
	Triphala	<i>Terminalia bellerica Linn.</i>	All Rasa except lavana Rasa Kashaya Kashaya	Sheeta, ruksha	Tridosaghna						
	Bibhitaki	<i>Terminalia chebula Linn.</i>		Laghu, ruksha							
	Haritaki	<i>Emblica officinalis Linn.</i>		Laghu, ruksha							
	Aamalaki			Laghu, ruksha							
Sarvrtu yoga 3	Musta	<i>Cyperus rotundus</i>	Tikta ,katu	Laghu, ruksha	Kaphapittahara		Churuna +equal amount of sharkara given with amla Dravya	Virechana			
	Katuki	<i>Picrorhiza kurroa</i>	Katu	Ushana, Snigda	Kaphavata hara						
	Shunthi	<i>Zingiber officinale Linn</i>	Katu	Ushna, Snigda	Kaphavata hara						
	Maricha	<i>Piper longum Linn</i>	Katu	Ushna, Ruksha	Kaphavata hara						
	Pippali	<i>Piper nigrum Linn</i>	Katu	Anushna, Snigda	Kaphavata hara						
	Amalaki	<i>Emblica officinalis</i>	All rasa except lavana	Sheeta, Ruksha	Tridosaghna						
	Haritaki	<i>Terminalia chebula</i>	All rasa except lavana	Sheeta, Ruksha	Tridosaghna						
	Vibhitaki	<i>Terminalia bellerica</i>	Kashaya	Ruksha, laghu	Kaphapitta hara						
	Hingu	<i>Ferula naethex Linn</i>	Katu, Tikta	Teekshna, ushna	Vatakaphahara						
	Souvarchala	salt	Lavana	Ruksha, Sara	Kaphapittahara						
	Amlavetasa	<i>Garcinia pendunculata Roxb</i>	Amla	Laghu	Kaphavata hara						

DISCUSSION

- Effect of Trivrit in Varsha** - Varsha rutu has pre dominance of Vata dosha. Most of the drugs mentioned have katu rasa, ushna & ruksha guna and are kaphavatahara in nature. Hence,
- Trivrit provides a strong cleansing/purgative action, especially for Kapha-Pitta accumulation.
- Indrayava counters diarrhoea, helps in balancing intestinal tone, and provides astringency.
- Pippali & Shunthi stimulate digestion, balance Vata-Kapha, and reduce post-cleansing weakness.
- Kshoudra/Mishri acts as a Vata balancer, soothing the intestines after purgation.
- Draksha swaras having sheeta in nature and also act as vata pitta shamaka.
- Effect of Trivrit in Sharada** – As it is Pitta predominant season, drugs mentioned here are having Tikta and Madhura rasa, Ruksha, Laghu and sheeta guna and kaphapittahara property.
- Musta, Chandana, Udeechya, Yashtimadhu, Duralabha these drug act as Cooling and Pitta-pacifying support herbs and anupana as Drakshambu – grape decoction helps prevent dehydration and overheating, Sharkara – adds palatability and supports strength.
- This type of compound formulation ensures Trivrit's strong action is modulated, making it safer and more comfortable for Pitta-vitiated conditions in Sharada Ritu.
- Effect of Trivrit in Hemanta** – This is a powerful purgative and metabolic stimulant formulation, suited for use during Hemanta Ritu when Virechana is not recommended due to strong wind and cold nature of the season but can

be given in certain disease condition where Agni is strong and can handle deeper cleansing and There is Ama (toxins) from seasonal transition or dietary excess.

- Drugs indicated here have Katu, Tikta rasa, Teekshna & ushna guna and are kaphavatahara
- Effect of Trivrit in Greeshma** – In Greeshma rutu, bala of person will be very low. Hence Trivrit is used with equal quality of sharkara, which has Madhura rasa, laghu, sheeta guna and is sadyobalakara. So virechana induced in this rutu will not cause any vyapada.
- Effect of Trivrit in Sarvarutu** – Combination of drugs mentioned here are vatakaphahara, kaphapittahara, tridoshahara in nature. Therefore, used in all rutus. Rutu trivrit or Trivrit in these combinations can be effectively used in swasta and atura.

CONCLUSION

It can be concluded from the aforementioned references that Trivrit is a sukhavirechaka, that has been used from the Vedic era till date. Virechana ultimately promotes overall health and wellbeing by facilitating the elimination of excess pitta dosha and accumulated toxins from the body. Trivrit is the preferred drug in this context as per Rutus.

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