

REVIEW ARTICLE

Trimurti Yoga - Review

Author: Jesney Rodrigues N C¹

¹VPSV AVC Kottakal, India

ABSTRACT

Keraleeya visha vaidhyam has an ancient and renowned back ground. In this system both vedic and non-vedic schools of thought were present. From the back ground of these schools of thought a tradition that is purely indigenous to Kerala evolved and became very popular. There are ample references treatment modalities and medicines in *Keraleeyavisha chikitsa granthas* and ayurvedic classics which are described for managing both animal and plant origin poisons. Many of the *keraliyavishagrantha* are written in Malayalam hence there is a need to explore and bring out the remedies. *Prayogasamuchayaam* is one of the literary treasure in *agada tantra* which is written in Malayalam. Many *yogas / agadas* mentioned in it still remains unexplored *Trimurti yoga* is one among them. *Trimurti yoga* is mentioned in *Prayogasamuchayaam* which contains only 3 drugs *karanja, nili* and *nimba*, each having *vishahara* property. So in this article a humble effort is made to bring out the unexplored yoga (*Trimurti yoga*) which was once readily used by *vaidhyas* described in *Prayogasamuchayaam*.

Key Words *Keraliyavishagrantha, Trimurti yoga, Vishahara*

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INTRODUCTION

The word *gada* means *roga* or disease. *Agada* literally means *aroga*¹. *Agadatantra* is the science which deals with poisons and its effect on human body. It is also known as *vishavaidya, vishatantram* or *damstra tantra*². *Keraleeya visha vaidhyam* has an ancient and renowned background. Kerala styles of toxicology flourished well as familial tradition and as a result, there existed a good number of toxicologists in Kerala. *Prayogasamuchayaam* is one of the literary treasures in *agadatantra* which is written in Malayalam. Many *yogas / agadas* mentioned in it still remains unexplored *Trimurti*

yoga is one among them. *Trimurti yoga* is mentioned in *Prayogasamuchayaam* which contains only 3 drugs *karanja, nili* and *nimba* having *vishahara* property³. It can be used both internally and externally. In *Prayogasamuchayaam* the same formulation is mentioned twice in *Tritiya* and *Panchama paricheda*⁴. *Tritiya paricheda* deals with *Mandalivisha Chikitsa* and the *Panchama paricheda* deals with *samanyavisha chikitsa*. The same formulation is repeated twice in the book itself shows the importance of *yoga*.

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REVIEW OF LITERATURE

NAME OF YOGA: TRIMURTI YOGA

The reference of *yoga* can be found out in *Panchama paricheda - samanya visha chikitsa* and *Tritiya paricheda* which deals with *Mandali*

visha Chikitsa in *Prayogasamuchayaam* by *Kochunni Thamburan*^{3,4}. Total 3 ingredients are mentioned for preparation of this *yoga*. The mode of administration is explained as *lepa, nasya* and *pana*.

Table 1 Ingredients of *Trimurti yoga* and botanical name

Sl No	Drug	Binomial Nomenclature	Family	Parts Used
1	<i>Karanja</i> ⁵	<i>Pongamia pinnata</i> L.	Fabaceae	Root bark
2	<i>Nili</i> ⁶	<i>Indigofera tinctoria</i> L.	Fabaceae	Root
3	<i>Nimba</i> ⁷	<i>Azadirachta indica</i> A.Juss	Meliaceae	Root bark

Table 2 Properties of *Trimurti yoga*^{5,6,7}

Drugs	Rasa	Guna	Virya	Vipaka	Karma
<i>Karanja</i>	<i>Katu</i>	<i>Laghu, Tikśna</i>	<i>Uśna</i>	<i>Katu</i>	<i>Kaphavatahara Kaṇḍughna, Kuṣṭhghna, Jaṅtughna, shothahara, Vraṇa- Ropaka, Vedanasthāpana, Dīpana, Pācana, Bhedana, Yakru-Duttejaka</i>
<i>Nili</i>	<i>Tikta</i>	<i>Laghu, Rukṣa</i>	<i>Uśna</i>	<i>Kaṭu</i>	<i>Vātakaphahara Keśyā, Udararoganāśaka, Plīharogahara, Vātaraktahara, Visaghna, Krimighna, āmavātanāśaka, Kāśahara, Jwarahara, Gulmaroganivāraka</i>
<i>Nimba</i>	<i>Tikta Kaṣāya</i>	<i>Laghu, Rukṣa</i>	<i>Śīta</i>	<i>Kaṭu</i>	<i>Pittakaphaśamaka, kṛmighna, netrya, viśaghna, kuṣṭhagna, rucikara, vraṇaghna, Kāśahara, premehara, rakta śodhaka</i>

Table 3 Classical classification of drugs present in *Trimurti yoga*

Sl No	Drugs	Caraka	Susruta	Vagbhata
1	<i>Karanja</i>	<i>Kaṇḍughna varga</i>	<i>Aragwadhadi varga, varunadi varga, arkadi varga</i>	<i>Guducyadi varga</i>
2	<i>Nili</i>	<i>Virecana dravya</i>	<i>Adhobhagahara Dravya</i>	<i>Guducyadi varga</i>
3	<i>Nimba</i>	<i>Kaṇḍughna varga</i>	<i>Aragwadhadi, guducyadi varga, lakshadi varga</i>	<i>Guducyadi varga</i>

Table 4 Phytoconstituents & pharmacological properties of *Trimurti yoga*

Sl No	Drugs	Phytoconstituents	Pharmacological Property
1	<i>Karanja</i>	Demethoxy-kanugin, gamatay, kaempferol, kankone, kanugin, karangin, pinnatin, pongamol, pongapin, quercitin, saponin	Antimicrobial, antioxidant, anti-inflammatory, anti-diabetic, analgesic, anthelmintic, and insecticidal activities ⁸
2	<i>Nili</i>	Pencilin G Pottasium, indigo P E, Calcium carbonate	Hypoglycaemic, Antifungal, Antitumour, Hepatoprotective, Anticonvulsant and CNS depressant ⁹
3	<i>Nimba</i>	Nimbin, Nimbidin, Nimbinin, Margolone and Margolonone. Seeds contain Nimbin, Nimbidin, Azadirachtin, chologenic acid	Blood purifier, antidiabetic, antiviral, antibacterial ¹⁰

METHOD OF PREPARATION

Prayogasamuchayaam explains the preparation of *Trimurti yoga* as, all ingredients (Table 1) are taken in equal quantity and made into *kalka* form

and used according to the condition. The mode of administrations are *nasya, lepa* and can also be taken internally according to the condition of poison. A simile is used to show the importance

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of formulation, as the trimurti’s (Lord Shiva, Lord Vishnu, Lord Brhma) destroys sins, this yoga destroys poison.

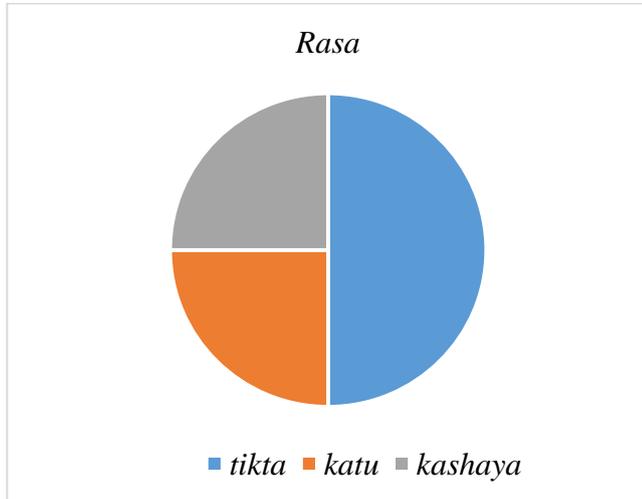


Diagram 1: Analysis of *rasa* (taste) of ingredients of Trimurti yoga (Table 2)

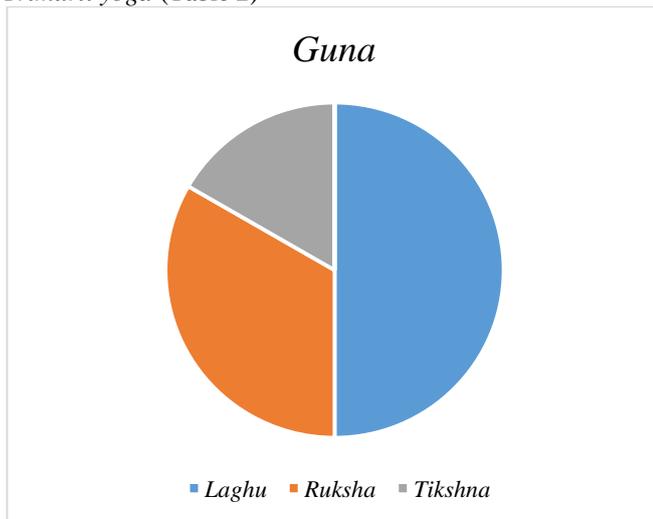


Diagram 2: Analysis of *guna* (properties) of ingredients of Trimurti yoga (Table 2)

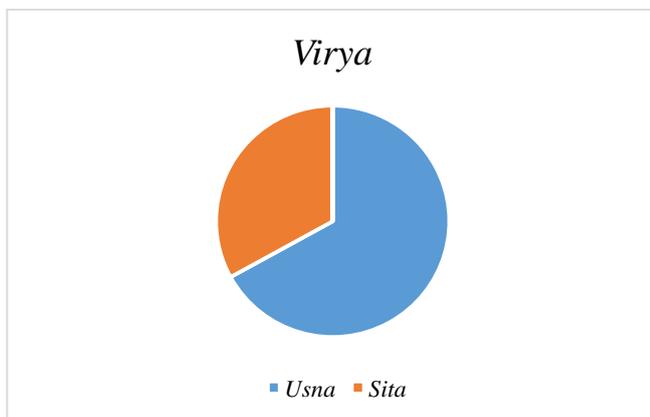


Diagram 3: Analysis of *virya* (potency) of ingredients of Trimurti yoga (Table 2)

DISCUSSION

In treatment of *visha* acharya Charaka has explained the *Chaturvimshati upakramas*¹¹ (24 treatment procedure). From this it is clear that, it was possible to treat *visha* with ayurveda medicine alone.

The *Chaturvimshati upakramas* are *Mantra* (Chanting hymns) , *Arishta bandhana* (Tourniquet application) , *Uthkarthana* (Incision) , *Nishpeedana* (Squeezing) , *Chushana* (sucking) , *Agni* (Cauterization) , *Parisheka* (Sprinkling) , *Avagaha* (Immersionbath) , *Rakthamoshana* (Bloodletting) , *Vamana* (Emesis) , *Virechana* (Purgation) , *Upadhana* (Applying medicine over incised scalp) , *Hridayavarana* (protection of *hridaya*) , *Anjana* (Collyrium) , *Nasya* (Nasal instillation) , *Dhoopa* (Fumigation) , *Leha* (linctus) , *Aushadha* (medicine) , *Prashamana* (pacifying measure) , *Prathisarana* (rubbing) , *Prathivisha* (antidote) , *Sanjastapanam* (regaining consciousness) , *Lepa* (ointments) , *Mrthasanjivani* (revival)

The *rasādi pañcaka* of the yoga reveals several key properties: it has a combination of *katu* (pungent), *tikta* (bitter), and *kaṣāya* (astringent) tastes (Diagram 1), with a predominance of *laghu* (light) and *rūkṣa* (dry) qualities (Diagram 2). Its *vīrya* (potency) is *uṣṇa* (Diagram 3) and its *vipāka* is *katu* (pungent), which together help balance the *tridoṣas* (three doshas).

Combined qualities of the *Trimurti* yoga :

- Pacify *dosha*- acts as *tridoshahara* (Table 2)

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- 2 out of 3 drugs possess *viṣaghna* property (Table 2)
- Drugs like *nili* and *nimba* possess *viṣaghna*, *kuṣṭhaghna*, *vraṇaghna* property (Table 2)
- *Dahahara* property is also seen among the drugs (Table 2)
- *Karanja* and *nimba* possess *śothahara*, property (Table 2)
- *Karanja* is *Kaṇḍughna*, *Kuṣṭhghna*, *Jaṇṭughna*, *śothahara*, *Vraṇa-Ropaka*, *Vedanasthapana* property (Table 2,3)
- The formulation's *kandughna* (anti-itch), *viṣaghna* (antitoxic), analgesic and *śothahara* (anti-inflammatory) actions also help alleviate symptoms due to poisonous bites and stings (Table 4)

Trimurti yoga is used in different forms like *pana*, *lepa*, *nasya* etc among the *folklore visha vaidhyas*. *Trimurti yoga* can be used in three forms mentioned in *Chaturvimshati upakramas*.

Mode of administration can be both internally as *Aushadha* (medicine) and externally as *nasya* (nasal insufflation) and *lepa* (Ointments) according to the condition of *visha* in the body. *Nasya* is the procedure in which medicine is instilled in the nose. If poison enters the head, *nasya* is said to be the main line of treatment. According to Charaka if there is obstruction in nose, eyes, ear, tongue, throat, *nasya* should be done. *Lepa* (Ointments) is the method of applying medicated paste at the site of bite its mainly used to reduce symptoms such as pain burning sensation oedema etc at the site of bite.

Aushadha (medicine) in which the formulation is given internally

Trimurti yoga can be used in different forms according to the different poisonous symptoms present.

CONCLUSION

Around 80,000 to 1,00,00 snake bite cases happen every year in India, out of which 60% are treated by folklore *Visha Vaidhyas*. In India, the majority of the snake bite envenomation are caused by the following four snakes: Indian cobra (*Naja naja*), Indian krait (*Bungarus caeruleus*), Russell's viper (*Daboia russelli*) and saw-scaled viper (*Echis carinatus*). They are infamously known as 'Big Fours'¹². Among them, vipers cause the majority of snake bites in India¹³. *Trimurti yoga* is explained in the context of *mandlivisha Chikitsa* as well as *samanyavisha Chikitsa*, Viper bite is characterized by predominant local symptoms such as pain, swelling, and necrosis at the bite site. Besides, it also results in systemic manifestations like acute renal failure, shock, hypotension etc. In *mandli damsha* local symptoms are more predominant when compared to the systemic, it might be the reason for using *trimurti yoga* as *lepa*. It is also used for *pana* because it contains *viṣaghna* drugs which pacify *visha* and in the form of *nasya* if the poison enters head (Table 2). All the drugs of *yoga* are readily available it also has pharmacological properties like antimicrobial, antioxidant, anti-inflammatory, hepatoprotective activities which help in treating bite cases (Table

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2,3). Further clinical studies should be conducted to explore different aspects of yoga.

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