

A review on properties of *Trikatukādi* decoction in the management of *Pakshavadha*

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Abstract

The history of the Sri Lankan traditional medical system is as ancient as the civilization of the island. *Trikatukadi Decoction*, an *anupana* of *Seetarama Vati* is quite popular among Sri Lankan medical fraternity. Present review is directed towards compilation of the pharmacological attributes of ingredients used in *Trikatukadi Decoction*. It is widely used in diseases such as *Pakshavadha*, *Sanni*, *Kola ana Valippu*. Ingredients of *Trikatukadi Decoction* are, rhizome of *Zingiber officinale*, *Acorus calamus*, *Cyperus rotundus*, root of *Picrorhiza kurroa*, fruit of *Piper longum*, *Phyllanthus emblica*, *Piper nigrum*, seeds of *Coriandrum sativum*, pericarp of *Terminalia chebula*, *Terminalia bellirica*, bark of *Azadirachta indica*, and stem of *Tinospora cordifolia*. According to Ayurvedic pharmacodynamic properties, *Trikatukadi* decoction pacifies vitiated *vāta dosha* due to *Madhura Rasa*, *Snigdha Guna*, *Ushna Veerya* and *Madhura Vipaka*. Having *Laghu Guna*, *Ruksha Guna* and *Katu Vipaka*, it also pacifies vitiated *Kapha Dosha*. It also has properties of *Vedana Sthapana*, *Nadi Uttejaka*, *Nadi Balyakara*, *Shulahara*, *Deepana*, *Jvaraghna*, *Mutrakaraka* and *Sroto shodhana*. Ingredients of the *Trikatukadi* decoction contain alkaloids, flavanoides, glycosides, tannin and volatile oils. Further, these phytochemicals are found to possess antioxidant, anti-inflammatory, anti-cholinergic, anti-carcinomic, anti microbial, diuretic and hypoglycemic activities. Due to its pharmacodynamic properties and scientifically proven bioactivities *Trikatukadi* decoction can be used effectively in the management of *Pakshavadha*.

Keywords: *Pakshavadha*, phytochemicals, pharmacodynamic properties

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