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## AYURVEDIC LITERATURE ON TRISHNA

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### ABSTRACT

Water is an essential component of human body and excessive fluid loss causes dehydration which manifests with symptom of Thirst. Thirst means a need for something to drink. Thirst is felt by hypothalamus which stimulates ADH hormone and aldosterone for the absorption of water and makes plasma to return to its normal state in order to maintain homeostasis. *Trishna* is one of integrated aspect of *Udakavaha Srotas* and is derived from the word '*Trish*' which means Thirst. In *Ayurveda* absorption of body fluids depends upon *Vata* and *Agni*. On *Nidana Sevana* when *Vata* and *Pitta* gets exacerbated it brings vitiation in *Udakavaha Srotas*, *Mutravaha Srotas* and in due course it does *Dusti* of *Rasavaha Srotas*. It causes depletion of *Rasa* and *Udaka* in the body and presented with *Mukhashosha* as premonitory symptom of *Trishna Roga*. *Sarvadha Ambukamitavam* is presented as cardinal feature of *Trishna Roga*.

**Keywords:** *Ayurveda*, Thirst mechanism, *Trishna*, *Peepasa*, *Trisha*, *Trut*, *Udakavaha Srotas*, *Mutravaha Srotas*, Homeostasis

## INTRODUCTION

*Trishna* word in Ayurveda is interchangeably used for physiological as well pathological Thirst normally, *Vata* and *pitta* are the two *Dosha* inseparably involved in causing *Trishna* as they have *shoshana guna* (property to absorb the water element) but the difference is *Vata* absorbs the moisture by its dry property, whereas *pitta* does it by its hot property. Thirst is function of unvitiated *pitta* and clinically presents as *mukha shosha* (dry mouth) which occurs due to *Vata*. So, it can be said that both *Dosha* are inseparably involved in Thirst production.<sup>1</sup> When they are 'unvitiated', physiological Thirst is produced and when 'vitiated' they can cause *Trishna*. Based on etiological factor and pathogenesis involved, *Trishna* is classified in to five types—*Vataja*, *pittaja*, *amaja*, *kshayaja* and *upasargaja*. These *Dosha* absorb water from the *saumya dhatu* like *rasa dhatu*, *udaka* and *kapha*. Three more types – *kaphaja*, *bhaktodhabhavaja* (after excess eating) and *kshataja* (Thirst produced due to external injury). Acharya *sushrut* has mentioned *trishana* as *swbhav bal pravritt vadhi*<sup>2</sup> Presently we rely only on fluid and electrolyte supplementation to treat Thirst. Treatment of *Trishna* by *Ayurvedic* principles may open newer vistas in the cases where Thirst is difficult to treat.

Increased mortality due to dehydration, especially in vulnerable populations, it is commonly observed during periods of abnormally warm weather.<sup>3</sup> Mortality rate is high in remote areas where health care facilities are not good enough. *Ayurvedic* preparations mentioned in this article are easy to make, can be lifesaving where sophisticated medical care is not available. Based on *Ayurvedic* principles, rules regarding use of water in various diseases have been also given in this article.

## AIMS AND OBJECTIVES

To review the concept of *trishana Vyadh* from different *Ayurvedic* literature

## MATERIAL AND METHODS-

This article is based on review of *Nidanpanchaka* of *Trishana Vyadhi* from available *Ayurvedic* texts and *Samhitas*. Principal texts referred are *Charak Samhita* *Susruta samhita*, with commentaries. References have been collected and relevant matter is compiled from available literature. All compiled matter is reorganized and critically analyzed for the discussion and attempt has been made to draw some fruitful conclusion.

## *Nidan of trishana Vyadh*<sup>4</sup>

A. *Samanya nidan mansika hetu-kshobha, bhaya, shok, krodha,*

- *Aharajhetu: Atyadhika Madatyā, Adhik kshar-aml-lavan-katu ras sevā, Ushan, Ruksha Annapan*
  - *Visharj hetu: -Vaman-Virechn Atiyoga*
- B. *vishitha hetu: -*

- *Vataja Dosh prakopak hetu: kshobha, Bhaya, Shok, Krodha, Ati - madyapan, Dhātu Kshaya, Sushka ana*
- *Pittaja Dosh prakopak hetu: Katu-Ushan-Amla-Tikashan-Ruksha-Kshar-Lavan-Sevan, Krodha, Suryasntap,*
- *Sharirikahetu: Vaman- Virechn Atiyoga, Atisar Atiyoga, Madyapan, Shram*
- *Aagantuj hetu: Surya Santap*
- **Table 1: showing samprapti ghatak of Trishna Vyadhi<sup>5</sup>**

<i>Dosh= pitta, Vata</i>
<i>Dushya=udak</i>
<i>Srotsa= udakvaha srotsa</i>
<i>Dusti lakshan = vimarg gaman</i>
<i>Adhistan = Talu and Klom, gal</i>
<i>Swbhav = Ashukaari</i>

- **Figure 1: Showing samprati of Trishna of Vyadhi<sup>6</sup>**



**Table 2 : Showing Bhed of Trishna according to various authorities<sup>7,8,9</sup>**

	<i>Charak sahmhita =5</i>	<i>Sushruta =7</i>	<i>Ashatang hurudya =7</i>
1	<i>Vata aja</i>	<i>Vata aj</i>	<i>Vata ja</i>
2	<i>Pittaja</i>	<i>Pittaja</i>	<i>pittaja</i>
3	<i>Aamaj</i>	<i>Kaphaja</i>	<i>kaphaja</i>
4	<i>Kshayaja</i>	<i>Kshataja</i>	<i>Sanipataja</i>
5	<i>Upsargaj</i>	<i>Amaja</i>	<i>Amaja</i>
6		<i>Dhatuks hayaja</i>	<i>Dhatu kshayaja</i>
7		<i>Raktaj</i>	<i>Upasargaja</i>

Purvrop: *mukhashosh, swarabhed, bhrama, santap, pralapa, talu-oshatha-kantha-jivha karkashata, chitanasha, Aruchi, badhirya, mara anga sada.*<sup>10</sup>

Trusha updrav: - *mukha shosh, svara bheda, bhrama, santapa, stambha, chitta nasham, jiva nigamn, bahirya, marma ang asada.*<sup>11</sup>

Samanya laksana (bheda nusar): -

*Vataja trishna: - when aggravated Vata absorbe the tissue element in the body which are liquid in nature, the Patient become dehydrated by their diminution .such as dehydrated patient suffers from Trishna lakashan:- nidra nasha, sushaka virasa mukha, sroto rodha, sharir bhram.*

*Piitaja Trishna : -pitta is dominated by agni -mahabuta there for its aggravation*

causes heating of liquid tissue Element produce *trushana*. because of this hot attribute, these tissue produce *trushana*.

*Amaja trishana* – is caused by *Ama* and *pitta*. Therefore, it is also *Agneya* in nature. Its signs and symptoms are *Aruchi*, *Adhmana*, *Kapha*, *Praseka* .

*Rasa-Kshayaja trishana* – the body is made of *Rasa* and this plasma is made of aqueous elements. Thus, the diminution of *rasa* gives the rise to *Trishana* such patients, the voice become low.

*Upasargaja trishana*- *Trushana* is manifested as an *upasarga* in a patient afflicted with diseases like *jwara*, *Kashaya*, *shosha*, *shvasa*<sup>12</sup>

*Bhaktjtrishana*: - *Snigdha*, *Amla*, *Lavan*, *Anna-savan* created *Ati trishana*<sup>13</sup>

*Chikitsa Sutra*: -

1. *Nidanparivarjan*
2. *Sanshodhan*, *Sanshaman*, *Nidra sevan*, *Kaval Dharan*, *Dahan Karma at jivha sthan*
3. *Avagaha*, *Anulepa*, *Gandush*.

Samanya chikitsa

1. *Shital jal*; - Due to deficit body fluid in *trishana vyadhi* water intake should be fequently.

2. *Indrajala*: - Since *trishana* cause death by dehydration beause of the diminution of aqueous elements in the body, the patient is given *Anidra* type of waterb by adding honey. Other types of water having properties of *Anidra* or rain water. may also be used by the patient.

3. *Trunpanchamul jal*- give patient mixture of *Mishari* and water made with *Trunpanchamul jal*

4. *Avagaha* and *Yush*: - *Avagahan swed* is a type of sudation therapy. *Avgaha* is the best means of invigorating the whole body and mind. *Avagahan* with *Shatadhota Ghrut* and *Sheetal jal* while *Yush* made by mixture of *Dughdha* and *Muga*, *Masur* in *Ghrut*.

5. *Gandush*: - *Gandusha kriya* is commonly known as pulling. *Gandush* in ayurved involves the entire mouth being filled full quantity of oil that has to be gargled before being spit out. *Talushosha* can be treated by *Gandush* using *Godugdha*, *Ikshurasa*, *Gudodak*, *Madhu*, *Sidhu*, *Madhavik* and *Rukshamala*

6. *Pralepa*: - *Bhrama*, *Trushna*, *Murcha* treated with help of *Lepa*. Apply mixture of *Kalka* (*Jamun*, *Amlavetas*, *Badar*, *Panchavalkal*, *Panchamla*) in equal part of *Ghrut* on face and head region, cardiac region

7. *Nasya*: - *Madhur-Sheet jeevaniya*, *Tikta Sidha ghrut*

8. *Santarpan Dravya*: - *Draksha, Khajur, Sharkara, Guda.*
9. *pathyamantha-peya*- *Mantha* prepared of the flour of *laja*, in rain water by adding sugar and honey *Peya* prepared of *Shali* rice or *Koradusa Madha* and sugar
10. *Mansa -Ras Pryoga* -soup of the meat of animals inhabiting aird zone well prepared by boiling with root of *Kusa, Kasa, Darbha* with *Mujataka, Priyala* by adding sugar and honey.<sup>14</sup>

#### **Bhedanusar Chikitsa**: -

##### 1. *Vataj Trishna* :

*Vata ghna, Mrudu, Laghu, Sheetal Anapana sevan.*

Mixture of *Guda* and *Dadhi* is used to treat *Vataj trushna.*

*Laghu panchamul* or *Bruhat Panchamul Drvya SiddhaJal* or *Vidarigandhadhi gan Dravyasidhijal* and *Koshan jal.*

##### 2. *Pitaj Trishna* :-

*Madhur, Tikta, drava, Sheetal padarth sevan.*

Mixture of *Madhu* with *Manuka, Saphed chandan, Pind khajur jal* is used to treat *Pittajtrushna.*

*Sarvadigan Kashaya* use for *Panartha.*

*Kashmaryadi Sheetkashaya, lajodak* use to treat *pittaj trishana.*

Sub sequently cooled and taken with the addition of *Madhu* or *Sharkara Utapal-Saravadi gan* or *kakolyadi gan Kashaya.*

##### 3. *Amaaj Trishna* :-

*Kashaya* of *Shunthi, Marich, Pipali, Vacha, Bhalatak* and *Tikta dravya*

*Vaman* with *Dadhi, Madhu, Lavan* and *Ushna jala.*

*Amaja* should be remedied with the decoction of *vilva, vasa* and the drus of *dipaniya* group mixed with *amrataka* , *bhallatak* and *vala.*

##### 4. *Kaphaj Trishana*: -

*Vaman* induced with the help of a draught of the infusion of tender *Nimb -leves* taken *Koshnajala* would likewise prove curative in such.

##### 5. *Kshaya-Kshataj Trishana*: -

*Mansa rasa sevan, Madhu, Godugdha Sevan*

*Vaman* is contraindicated

*Kshata chikitsa, Mansa rasa prayoga, Raktapaan* and *Raktasthambhan.*

*Achary sushrut* described in *kshataj trishana* Cold infusion of the drugs of any of the *Trina-pachamula, Utpaladi* and *Madhur* group mixed with the drugs of the *Sarivadi* group as well as that of the drugs of the *Madhuk pushapadi* group should be prepared in the preceding manner and prescribed.

*Acharya sushrut* described in *Kshayj Trishana* A case of Thirst due to the waste of any fundamental organic fluid is *Ras* is

removed by taking draughts of clarified butter churned from milk as well as those of meat soup and infusion of *Vashati-madhu*.

#### 6. Madyaj Trishana: -

Half part of water is mixed in *Madira* and adds *Annar ras*, *Sandhav Lavan*, *Javitri*, *Jayphal*, *Sugandhi dravya* in it.

#### 7. Bhaktaj trishana: -

*Sushrut* explained if food intake is more than create the *Bhaktaj trishana* than *Vaman chikita* given.<sup>15,16</sup>

### DISCUSSION

*Trishna* is discussed in details in every *Samhita* and *chikitsa granthas*. Five types of *Trishna* are found in *Charaka Samhita*. *Sushruta Samhita* & *Ashtang hrudya* describe seven type of *Trishna*. Causes mentioned for Thirst normally, *Vata* and *Pitta* are the two *Dosha* inseparably involved in causing *Trishna* as they have *shoshana guna* (property to absorb the water element) but the difference is *Vata* absorbs the moisture by its dry property, whereas *Pitta* does it by its hot property. Thirst is function of unvitiated *pitta* and clinically presents as *mukha shosha* (dry mouth) which occurs due to *Vata*. So, it can be said that both *Dosha* is inseparably involved in Thirst production *Talu* and *Kloma* are *Moolasthanas* for *Udakavaha Srotas*, which regulate the body's water balance and serve as the site of disease manifestation. The *Moolasthanas* of

*Rasavaha Srotas*, which distribute *Rasa* throughout the body, are *Rasa VahaDhamani* and *Hridaya*. *Jihwa Shosha*, *Talu Shosha*, *Ostha Shosha*, *Kloma Shosha*, *Kantha Shosha*, and *Ali Pravriddam Pipasa* are caused by the vitiation of *Udakavaha Srotas*.

Treatment of *Trishna* by *Ayurvedic* principles may open newer vistas in the cases where Thirst is difficult to treat. Increased mortality due to dehydration, especially in vulnerable populations, it is commonly observed during periods of abnormally warm weather.

### CONCLUSION:

Concept of *Trishna* is relevant in present scenario with an insight into physiological understanding of Thirst mechanism. *Trishna* is considered an effect of altered body mechanism and in context of water balance it can be said that control of Thirst fall under the per-view of *Udakavaha Srotas* and *Mutravaha srotas*. *Ayurvedic* system of medicine is being relied upon more and more for the various health issues particularly lifestyle diseases. In Management of *Trishna Nigrahana*, *Acharya* described various herbs which help to treat *Trishnavyadhi*. *Acharya* also described various symptoms of *Trishna* such as palatability, feasibility and their treatment to increase the shelf life.

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