

**A review: management of *Rasa Pradoshaja Vikara*
with *Trichosanthes Dioica (Patol)*.**

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ABSTRACT-

In *Ayurvedic Samhitas* daily regimen are mentioned such as *Dinacharya, Ritucharya, Ahara, and Vihara*. Now days due to stressful lifestyle intake of junk food, sedentary life, excessive workload reduces individual happiness and predispose to many diseases. While describing *Rasa Rakta dushti hetu*, *Acharyas* have mentioned *hetus* like *guru, snigdha, vidahi, ushna ahar sevana*. Due to this there is favourable condition for development of *Rasa pradoshaj vikara* such as *Jwara, Pandutva, Shrotorodha* etc. Day by day such *Rasa pradoshaj vikara* get increased due to consumption of above *hetus*. All these *hetus* also develop toxins inside the body known as *Ama*. This *Ama* enters in the *Rasa dhatu* and produces various diseases. While treating *Rasa pradoshaj vikara* *langhana* and *raktapittahari kriya* should be done respectively. *Tikta rasa* is predominantly used for *Ama pachan* and *Kapha Pitta shaman*. Since ancient times the fruits and leaves of *Patola* are widely consumed as a vegetable and different parts of this plant are used in traditional

medicine to treat *Rasa Rakta pradoshaj vikara*. *Patola* has *tikta rasa* and with the help of this it acts on *Kapha Pitta dosha* and *Rasa Rakta datu*. According to *Acharya Charaka* and *Vagbhata Patola* is mentioned in *Rasapachaka kashaya* in *Ayurvedic* text. It has antipyretic, laxative, cardiotoxic, antiulcer, anthelmintic property. *Patola* has *tikta rasa* and with the help of this it acts on *Kapha Pitta dosha* and *Rasa Rakta datu*. This paper elaborates the utility of *Patola* in management of *Rasa pradoshaj vikara*.

Keywords: *Rasa pradoshaj vikara, Ama, Tikta rasa, Patola*

Introduction-

Ayurveda is considered by many scholars to be the oldest science. *Ayurveda* mentioned that our body is composed of *sapta dhatus* (*rasa, rakta* etc), *tridosha* (*vata, pitta & kapha*), *Mal* (stool, urine & sweda/ sweat).^[1] These are physiological subtle units which are responsible for maintaining the whole body. If any disturbances in these components then it leads to produce different types of diseases. *Dhatu* is an essential component of the body. Its

important role in providing an impenetrable shield against diseases. [2] *Acharya* believe that the body is composed of seven *Dhatus*; *Rasa Dhatu*, *Rakta Dhatu*, *Mansa Dhatu*, *Medo Dhatu*, *Asthi Dhatu*, *Majja Dhatu* and the last *shukra Dhatu*. Each *Dhatu* is nourishes from earlier *Dhatu* and *Ahara Rasa* is responsible for the formation of very first *Dhatu* called *Rasa Dhatu*. Mainly disease or *Vikara* is produced when the vitiated *Dosha* reside in *Dhatu* or *Mala* or in both. When vitiated *Dosha* are attached to a Particular *Dhatu* and produce any kind of disturbance in the production or alter the function of the related *Dhatu* then it is termed as *Dhatu pradoshaj vikara*. [3] Among these seven *dhatu*s the first one namely *rasa dhatu* is most important & perform a number of functions in the body to keep us healthy. If *rasa dhatu* is healthy in amount & function the growth of next *dhatu rakta* will also be pure, adequate in nature & amount. When there is imbalance in the formation of normal *Rasa Dhatu* that results into *Rasa Pradhoshaj Vikara*. [4] *Tikta Rasa* is predominantly used in the correction of *Rasa Dhatu*. *Patola* is commonly used drug given in *Ayurvedic* text. Pointed gourd (*Trichosanthes dioica* Roxb.) is known as *parwal*, *palwal*, *parmala*, *patol*, and *potala* in different parts of India and Bangladesh and is one of the most important vegetables of this region. *Patola* has predominance of *tikta rasa*, *katu vipaka* and *Ushna virya*. So it is basically works on vitiated *rasa dhatu* by *agnideepana* and *ama pachana*. The fruits and leaves are the edible parts of the plant which are cooked in different ways either alone or in combination with other vegetables or meats. Juice of leaves

of *T. dioica* is useful as tonic, febrifuge, and in subacute cases of enlargement of liver and spleen; in *Charaka Samhita*, leaves and fruits are used for treating alcoholism and jaundice. Leaves are used in edema and alopecia. It is also used as antipyretic, diuretic, cardiogenic, and laxative. [5]

AIM AND OBJECTIVES -

1. To study the properties of *Patola* (*Trichosanthes dioica* Roxb.) in the management of *Rasa Pradhoshaj Vikara*.
2. To assess the mode of action of *Patola* (*Trichosanthes dioica* Roxb.)

MATERIALS & METHODS-

This review was done by compiling the classical ayurvedic literature, modern literature, pharmacology (*dravyaguna*) book, research journals as well as medicine database.

Rasa Dhatu-

तत्र रस गतौ धातुः अहरहः गच्छति इति अतो रस / सु. सू. १४/१३ [6]

Rasa dhatu, the first in the sequence of seven *dhatu*s, is formed by the action of *Jatharagni* on the *ahara rasa*. The function of the *rasa dhatu* is to strengthen the *rakta* & help nourish the entire body. After the complete digestion & assimilation of the food, the first *dhatu* is formed i.e. *rasa dhatu*. *Rasa* is a "*Gati-Darshak*" *Dhatu*, Which flows day and night. The word *Rasa* implies 'motion.' *Rasa* being in liquid state circulates all over the body continuously. *Rasa* means the best, prime part of anything, liquid or fluid. *Preenana* of whole body components is the main function of *Rasa-dhatu*. The *Rasa dhatu* nourishes the entire body continuously, helps it to grow, supports and maintains the bodily activities in an

invisible form. Types of *Rasa*: *Rasa* is of two types-

- 1] *Sthayirasa*
- 2] *Poshakarasa*

This classification is made mainly on the basis of whether the nourishment is being given or being taken. Usually both the *Sthayi* and *Poshakarasa*s are described together because they travel in

the body together through the same channels. As their channels cannot be differentiated they are usually explained together. Here the word *Rasa pradoshaja vikara* indicates the vitiated state of *Rasa dhatu*. *Rasa pradoshaja vikara* constitutes the pathological changes occurring in the body due to vitiation of *Rasadhatu* by the *Doshas*. [7]

RasaPradoshajaVikaras according to various *Acharya* [8, 9, 10]

<i>Vikaras</i>	<i>Charaka [Ch.Su. 28]</i>	<i>Sushruta [Su.Su.24]</i>	<i>Bhela [Bhel.Su. 11]</i>
<i>Asraddha</i>	+	+	-
<i>Aruchi</i>	+	+	-
<i>Asyavairasya</i>	+	+	-
<i>Arasangyata</i>	+	-	-
<i>Hrillasa</i>	+	+	-
<i>Gaurava</i>	+	+	-
<i>Tandra</i>	+	-	-
<i>Angamarda</i>	+	+	-
<i>Jwara</i>	+	+	-
<i>Tama</i>	+	-	-
<i>Pandutva</i>	+	+	-
<i>Shrotorodha</i>	+	+	-
<i>Klaibya</i>	+	-	-
<i>Angasada</i>	+	+	-
<i>Krushangata</i>	+	+	-
<i>Agninasa</i>	+	-	-
<i>Valaya</i>	+	+	-
<i>Palitya</i>	+	+	-
<i>Avipaka</i>	-	+	+
<i>Tripti</i>	-	+	-
<i>Hridroga</i>	-	+	-
<i>Visuchika</i>	-	-	+
<i>Alasaka</i>	-	-	+
<i>Pittadaha</i>	-	-	+
<i>Vilambika</i>	-	-	+
<i>Vishamajwara</i>	-	-	+

Patol

Latin name- *Trichosanthes dioica* Roxb.

Family- Cucurbitaceae (Koshataki kula)

Synonyms-

Patol, Kulaka, Panduka, Karkashachad, Rajiphala, Bheejgarbha, Kushthaha, Pratana, Amrutaphala, Veeryagarbha.



Classification-

<i>Charak samhita</i>	<i>Truptighna, Trushnanigrahana</i>
<i>Shushruta samhita</i>	<i>Patoladi, Aragvadhadi</i>
<i>Vagbhata</i>	<i>Patoladi, Aragvadhadi</i>

Vernacular name-^[11]

- Sanskrit- Patol
- Marathi- Parwal
- Hindi- Parwal
- Bengali-Patol
- English- Pointed gourd

निरुक्ती-^[12]

1. पटोल- पटति गच्छति पाचनत्वादि गुणान् इति। 'पट् गतौ'। यह पाचन आदि गुणों को धारण करता है।
2. कुलक- कोलति सम्यक्स्त्यायाति वृष्यत्वादि श्रेष्ठत्वादि श्रेष्ठगुण निवहम् इति। यह वृष्यत्व आदि श्रेष्ठ गुणों के स्मुदाय को एकसाथ धारण करता है।
3. कर्कशच्छदः - कर्कशाः छदाः यस्य सः। इसके पत्र खूब कर्कश एवं खर होते हैं।

Rasapanchaka-

<i>Rasa</i>	<i>Tikta, Katu</i>
<i>Guna</i>	<i>Lagu, Ruksha</i>
<i>Vipaka</i>	<i>Katu</i>
<i>Veerya</i>	<i>Ushna</i>
<i>Doshaghnta</i>	<i>Tridoshaghna</i>

Useful part-

- Root- *Rechaka*
- Fruit- *Rechaka*
- Leaf- *Deepana, Pachana, Balya*

Botanical classification-^[13]

Content	Description
Botanical name	<i>Trichosanthes dioica</i>
Common name	<i>Pointed Gourd, Parwal</i>
Kingdom	<i>Plantae</i>
Division	<i>Magnoliophyta</i>
Class	<i>Magnoliopsida</i>
Order	<i>Cucurbitales</i>
Family	<i>Cucurbitaceae</i>
Genus	<i>Trichosanthes</i>
Species	<i>Dioica</i>

Morphology-

The plant is a perennial, dioecious, and grows as a vine. Vines are pencil thick in size with dark green cordate, ovate, oblong, not lobed, rigid, leaves. Roots are tuberous with long tap root system. Flowers are tubular white with 16–19 days initiation to anthesis time for pistillate flowers and 10–14 days for staminate flowers. Stigma remains viable for approximately 14 hours and 40–70% of flowers set fruit. Based on shape, size, and striation, fruits can be grouped into four categories:

- Long, dark green with white stripes, 10–13 cm long
- Thick, dark green with very pale green stripes, 10–16 cm long
- Roundish, dark green with white stripe, 5–8 cm long
- Tapering, green and striped, 5–8 cm long^[14]

Chemical Constituents-

It contains tetra and pentacyclic triterpenes, the toxic bitter principles cucurbitacins (a group of often highly oxygenated tetracyclic compounds with a

unique carbon skeleton and almost a carbonyl group in ring C) may be considered as a taxonomic character of Cucurbitaceae. *Trichosanthes dioica* is rich in vitamins and contains 9.0 mg Mg, 2.6 mg Na, 83.0 mg K, 1.1 mg Cu, and 17.0 mg S per 100 g edible part. The various chemical constituents present in *Trichosanthes dioica* are vitamin A, vitamin C, tannins & saponins. Two main phytosterols present in *Trichosanthes dioica* are namely, 24 α -ethylcholest-7-enol & 24 β -ethylcholest-7-enol. Also seeds of *Trichosanthes dioica* contain lectin, a carbohydrate (specifically galactose) binding protein which is homologous to Type-II ribosome inhibitory proteins (Type-II RIP).^[15]

Mode of action

The *Rasa dhatu* gets formed after the digestion of food. When the *Koshthagni* is normal, the *Rasa dhatu* will also be normal. When *Koshthagni* is abnormal leading to production of *Aama* and leads to *Rasa Pradoshaj vikara*. *Rasa Pradoshaj vikara* has predominance of *Pitta & Kapha dosha*. *Patola* has *Tikta-Katu rasa*, *Katu vipaka*, and *Ushna veerya*. Due to *Tikta and Katu rasa* it stimulates the *Agni* and improves the *agnideepana* and *ama Pachana* by its *deepana* property. Because of *agnideepana* it helps in the formation of normal *rasa dhatu*. *Tikta rasa* act as a *rasa dhatu shodhana* by *pitta shamana* and *kaphaharana*. *Patola* balances the *Kapha* and *Pitta dosha*. *Akasha* and *Vayu Mahabhuta*, *Lagu* and *ruksha guna* helps to relieve the obstruction in *sukshma srotasa* and normalises the function of *rasa dhatu*. According to *Acharya Charaka* and *Vagbhata*, *Patola* is included in *Rasapachaka* and

Raktapachaka kashaya in *Jwara chikitsa adhyaya*.

Panchabautik sanghatana

<i>Tikta rasa</i>	<i>Vayu+ Akash</i>
<i>Katu rasa</i>	<i>Vayu+ Tej</i>
<i>Katu vipaka</i>	<i>Vayu+ Tej</i>
<i>Ushna veerya</i>	<i>Tej</i>

Properties of *patola* ^[16, 17]

<i>Bhavprakasha nighantu</i>	<i>Deepana, Vrushya, Hrudy, Tridhoshaghna, virechanakara Patol moola- Virechana Patol nal- Kaphanashak Patol patra- Pittanashak Patol phala- Tridoshanashak</i>
<i>Dhanvantari nighantu</i>	<i>Pittavirodhi, Kushtaghna, Kandughna, Jwaraghna, dahaghna</i>
<i>shushruta</i>	<i>Varnya, Deepana, Rochana, Vrushya</i>
<i>Charaka</i>	<i>Kaphapittahara</i>

TRADITIONAL USES OF PATOLA-

Patola kwath – In *charak samhita patola kwath* is recommended in the treatment of *kushtha* in *kushtha chikitsa adhaya*. In this preparation other drug such as *Indrayan, Trifala, Trayamana & kutaki* also included.

Patola Ghrit - *Patola Ghrit* is uses in the treatment of *Rakta Pittaj Kushtha*.

Patola patra Chandan yoga-*Patola patra churna* mixed with equal amount of *Rakta Chandan* powder in the treatment of *Rakta pitta* as mentioned in *charak samhita*.

Patoladi Kashay – Decoction prepared from patola leaves is useful in *Satat & Santat Jwara*.

Patola Yusa – Patola Yusha is recommended for *kaphaj Madaty*.

Patoladi kashay- Patola, Amalaki, Nimba & Amruta – a decoction is used in *pittaj Prameha*.

Patola Patra Mudag Yog- A multi-drug preparation of Patola, Neem, Daruhaldi, Kutaki, Mulethi & Traymana has been prescribed for treatment of *Visarp* in *Visarp chikitsa adhyay*.

Patoladi Niruh Basti -It is prescribed in the treatment of *Jwar*.^[18]

DISCUSSION-

According to *Ayurveda Rasa dhatu* is the very first *dhatu*, which is mainly responsible for nourishment of further *dhatu*s. Due to *hetusevana* there is imbalance in the formation of proper *rasa dhatu*. *Rasa Pradoshaj Vikaras* are caused due to *agnimandya, ama nirmiti and strotorodha*. *Trichosanthes dioica* Roxb. has been mentioned in various *Ayurvedic* texts in the management of such life style diseases. The plant has a promising place in *Ayurvedic* system of medicine due to its different medicinal properties. *Patola* has *Tikta rasa, laghu ruksha guna, Ushna virya* and *Katu vipaki* which help in *ama pachan* by *agnideepana*. *Patol* act on *Rasagata* and *Raktagata dosha*. It normalizes the vitiated *Pitta, Kapha* and *Kleda*. According to the *mahabhuta, Akash* and *vayu mahabhuta* possess properties like *sukshma, vishada, laghu, ruksha* which help in removing the *obstruction from sukshma strotas* and work as a *Rasa-Rakta sanshodhana*.

CONCLUSION-

The present review shows that the different properties of various bioactive compounds present in *Trichosanthes dioica* Roxb. *Patol* has *Deepana, Pachana, Hrudya* and *Tridoshghna* properties. Due to *Tikta rasa, Katu vipaka* and *Ushna veerya* it is used in *Rasa dhatu shodhana*. It normalizes the *Agni* by *Amapachana* and *Strotas shodhana*. It balances the *Kapha* and *Pitta dosha* and tremendously effective in *Rasa pradoshaj vikara*. This review elaborates the use of *Patol* (*Trichosanthes dioica* Roxb.) in the management of *Rasa Pradoshaj Vikara*.

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