

## REVIEW ARTICLE

### Critical review on *Truṣṇā Nigrahaṇa Mahakashay*

Vishwa Joshi\*<sup>1</sup>, Rekha Parmar<sup>2</sup> and Aparna Bagul<sup>3</sup>

<sup>1</sup>Department of Dravyaguna, Parul Institute of Ayurved, Vadodara Gujarat, India

<sup>2</sup>Department of Swasthvrutta, Parul institute of Ayurved, Vadodara, Gujarat, India,

**Corresponding Author: Email id:** vishwaa97826@gmail.com

#### ABSTRACT

In Ayurveda, different diseases are treated with verities of drugs among them, Charak Acharya short listed some most effective group of drugs in form of Dashemani named as Mahakashaya varga in Sutrasthan. Among 50 mahakashaya, *Truṣṇā Nigrahaṇa Mahakashay* is 29th group which is useful in treatment of abnormal thirst like dyspepsia/polypepsia. It contains 11 drugs *Nāgara*, *Dhanvayāsaka*, *Musta*, *Parpataka*, *Chandana*, *Kirātatikta*, *Guduchi*, *Hribera*, *Dhānyaka* and *Paṭola*. On close observation shows that herbs' specific *Rasa*, *Guna*, *Veerya*, *Vipaka* are main potential by which they act. The article attempt to explore the correlation between classical Ayurvedic principles and modern scientific understandings of thirst physiology, particularly focusing on osmoregulation and the role of hypothalamic centers, ADH, and RAAS mechanisms. Each of herbs are examined for its traditional indications in *Trushnā*, alongside its modern phytochemical constituents and experimentally proven pharmacological effects.

**Keywords:** *Truṣṇā*, *Truṣṇā Nigrahan Mahakashay*, *Charak Samhita*, *Rasapanchak*, *Thirst*.

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#### INTRODUCTION

*Truṣṇā Nigrahaṇa* denotes the therapeutic property of substances that suppress or alleviate pathological thirst. In the *Charaka Samhita* (*Sūtrasthāna*, Chapter 4), Acharya Charaka systematically describes fifty *Mahākaśāya* (major herbal groupings), among which *Truṣṇā Nigrahaṇa Mahākaśāya* is enumerated as the twenty-ninth group. This group comprises ten medicinal plants, namely *Nāgara* (*Zingiber officinale* Rosc.), *Dhanvayāsaka* (*Fagonia cretica* Linn.), *Musta* (*Cyperus rotundus* Linn.), *Parpatāka* (*Fumaria parviflora* Lam.), *Chandana* (*Santalum album* Linn.), *Kirātatikta* (*Swertia chirata* Buch.-Ham.), *Gudūcī* (*Tinospora cordifolia* Miers.), *Hribera* (*Pavonia odorata* Willd.), *Dhānyaka* (*Coriandrum sativum* Linn.), and *Paṭola* (*Trichosanthes cucumerina* Linn.). These drugs are collectively recognized for their efficacy in mitigating excessive thirst.

In Ayurvedic nosology, *Truṣṇā* represents both a symptom and an independent disease entity, primarily arising from the vitiation of *Pitta* and *Vāta Doṣa*. The etymological derivation (*Nirukti*) of the term "*Truṣṇā*" is attributed to the root "ṛṣ," signifying thirst, desire, or craving, combined with the suffix "kun," forming a term that denotes an intense urge or longing. Classical definitions describe *Truṣṇā* as "jalapānābhilāṣa," indicating a persistent desire to consume water. This condition is understood to originate from internal heat (*Uṣṇa Tejas*), predominantly associated with aggravated *Pitta*, leading to dryness and burning sensations in the body. Consequently, an increased urge to drink water arises as a compensatory mechanism to restore physiological balance.

The classical description "sva lakṣaṇa sakala ambu pānitvam" further emphasizes the hallmark feature of *Truṣṇā*, which is an incessant and generalized craving for water. Thus, *Truṣṇā* is not merely a physiological response to dehydration but reflects a deeper pathological disturbance involving thermal imbalance, fluid depletion, and altered homeostatic regulation. [2]. In *Charaka Samhita Chikitsasthan*, Chapter 22 is *Truṣṇā Chikitsa* where *Truṣṇā* is explained in detail including *Nidan*, *Purvarupa*, *Rupa*, *Bheda* and *Chikitsa*. *Nidanas* are like shock/excess distress, fear, fatigue, grief, anger, extreme starvation, alcoholism, regular use of alkaline and sour substances, use of excessive salt, Pungent, salty, dry and

dehydrated food, emaciation due to excessive loss of basic body forming elements and emaciation due to disease, excessive use of purifactory procedures, excessive exposure to sunlight, and results in *Samprapti as Pitta and Vata* get severely vitiated and dry up the watery contents of the body and creates disturbance in *Udakavaha Srotas*. These two *Dosha* vigorously dehydrate the fluid carrying ducts and channels situated at the base of the tongue, throat, Palate and *kloma* which causes morbid thirst. Though the patient perpetually drinks water yet his thirst is not quenched. Purvarupa of *Truṣṇā* mentioned as predominantly dryness & burning sensation of palate, lips, throat and mouth, later burning sensation spreads to the entire body with features like fainting, giddiness, uttering incoherent speeches. The common *Lakshanas* of *Truṣṇā* are dryness of mouth, hoarseness of voice, giddiness, burning sensation all over body, delirium, rigidity, dryness and roughness of palate, lip, throat and tongue, stupefaction, loss of concentration, Protrusion of the tongue, anorexia, auditory impairment, burning sensation in vital organs and exhaustion are the symptoms of morbid thirst [3]. It is classified into five types in *Charak Samhita* but total number of *Truṣṇā* are 7 types: *Vātaja*, *Pittaja*, *Kaphaja*, *Ksataja*, *Dhātukṣayaj*, *Āmaja*, *Bhaktodbhava/Bhakta Nimittaja*. In modern physiology, thirst is regulated by osmoreceptors in the hypothalamus and is influenced by plasma osmolality, ADH, and fluid volume. The thirst mechanism is centrally regulated by the lateral hypothalamus, which houses osmoreceptors adjacent to the thirst center. These osmoreceptors detect a mere 1–2% increase in extracellular fluid (ECF) osmolality, triggering thirst and compelling water intake. Concurrently, the supraoptic nucleus of the hypothalamus releases antidiuretic hormone (ADH), which prompts water reabsorption in the renal collecting ducts both mechanisms synergistically restore ECF volume and osmolarity. Pathological thirst is seen in conditions like fever, dehydration, diabetes, and psychogenic disorders. The hypothalamus, in particular the organum vasculosum of the lamina terminalis (OVLT) and the subfornical organ (SFO), which lack a blood-brain barrier and are sensitive to variations in plasma osmolality and circulating hormones, is mainly responsible for controlling thirst, a complicated homeostatic response. Osmoreceptors in the OVLT sense an increase in plasma osmolality, usually brought on by water loss or a higher sodium concentration. This causes the median preoptic nucleus to be stimulated, which results in the conscious perception of thirst and the posterior pituitary to release antidiuretic hormone (ADH). In order to decrease urine water loss and restore osmotic equilibrium, ADH works with the kidneys to encourage water reabsorption. Angiotensin II is produced when the renin-angiotensin-aldosterone system (RAAS) and baroreceptors in the heart and carotid arteries are activated due to decreasing blood volume or pressure.[4,5,6]

**Table 1: Types and symptoms of *Truṣṇā* [7]**

Sr no.	Types of <i>Truṣṇā</i>	Symptoms
1.	<i>Vātaja Truṣṇā</i>	Face becomes weak, Pining sensation in temples and head, obstruction of channels, adverse taste in the mouth The thirst increases by cold water as well
2.	<i>Pittaja Truṣṇā</i>	Fainting, aversion to food, delirium, burning sensation, reddish eyes, insatiable thirst, and comfort by cold and bitter taste in the mouth, yellowish urination and faeces, eyes turns red.
3.	<i>Kaphaja Truṣṇā</i>	Featured by more sleep, heaviness in the body, sweetness in the face and becomes very much emaciated.
4.	<i>Ksataja Truṣṇā</i>	Produced by injury and the subsequent loss of blood.
5.	<i>Dhātukṣayaja Truṣṇā</i>	The <i>Trṣṇā</i> caused due to emaciation of <i>Rasa dhātu</i> that it afflicted as cannot get content even after drinking water during day and night and shows symptoms of <i>Rasakṣaya</i> .
6.	<i>Āmaja Truṣṇā</i>	Presents the features of all the three doshas, it also reflects symptoms of precordial pain, salivation, and malaise.
7.	<i>Bhaktodbhava/Bhakta Nimittaja Truṣṇā</i> .	Foods those are oily, sour, and salty in taste and heavy cause <i>trṣṇā</i> immediately after eating.

The aim is to provide a comprehensive overview of the current state of knowledge on action of *Truṣṇā Nigrahan Mahakashay* drugs on the basis of *Rasapanchaka* with critical analysis.

Objectives are to explore the understanding of concepts of active principles of drugs and their potential on pathological thirst. Evaluation of usage criteria of these drugs in different aspects of treatment by broadening of stereotypic pattern.

## MATERIAL AND METHODS

Here drugs of *Truṣṇā Nigrahaṇa Mahakashaya* are described from *Charak Samhita Sutrasthana*, 4th chapter- *Shadvirechanashataashriteeya Adhyaya* for detailed discussion.

The information is compiled from different Ayurvedic textbooks and digital source as google scholar, research gate, PubMed, and other articles .Ayurvedic pharmacology dealt with *Rasa* (Taste), *Guna* (Properties), *Virya* (Active Principle), *Vipak* (Bio-Transformation), , *Karma* (Action), which are the counterpart of modern pharmacology and these attributes are the deciding factors for pharmacological action of any drug based on *Moolabhut siddhant* of *Ayurveda*.

Table 2: List of *Truṣṇā-nigrahaṇa Mahakashaya* Drugs: [8]

Sr. No.	Name	Botanical name	Family	Habit
1.	<i>Nagar</i>	<i>Zingiber officinale</i> Roscoe	Zingiberaceae	Herb
2.	<i>Dhanvaya</i>	<i>Fagonia Arabica</i> Linn.	Zygophyllaceae	Shrub
3.	<i>Vasak</i>	<i>Adhatoda vasica</i> Nees	Acanthaceae	Shrub
4.	<i>Musta</i>	<i>Cyperus rotundus</i> Linn.	Cyperaceae	Herb
5.	<i>Parpatak</i>	<i>Fumaria indica</i>	Fumariaceae	Herb
6.	<i>Chandan</i>	<i>Santalum album</i> Linn.	Santalaceae	Tree
7.	<i>Kirattiktak</i>	<i>Swertia chirata</i> Roxb. Ex Flem.	Gentianaceae	Herb
8.	<i>Guduchi</i>	<i>Tinospora cordifolia</i>	Menispermaceae	Creeper
9.	<i>Hribera</i>	<i>Pavonia odorata</i>	Malveceae	Herb
10.	<i>Dhanyak</i>	<i>Coriendrum sativum</i>	Umbelliferae	Herb
11.	<i>Patola</i>	<i>Trichosanthes dioica</i> Roxb.	Cucurbiteceae	Climber

Table 3: Rasapanchak of *Truṣṇā-nigrahaṇa Mahakashaya* Drugs [9-19]

Sr. No.	Name	Rasa	Guna	Vipak	Veerya
1.	<i>Nagar</i> [9]	Katu,Tikta	Laghu ,Snigdha Ushna,	Madhura	Ushna
2.	<i>Dhanvaya</i> [10]	Kashaya, Tikta	Laghu, Snigdha	Madhura	Sheeta
3.	<i>Vasak</i> [11]	Tikta, Kashaya	Laghu	Katu	Sheeta
4.	<i>Musta</i> [12]	Tikta , Kashaya	Laghu, Ruksha	Katu	Sheeta
5.	<i>Parpatak</i> [13]	Tikta	Laghu	Katu	Sheeta
6.	<i>Chandan</i> [14]	Tikta, Madhura	Laghu, Ruksha	Katu	Sheeta
7.	<i>Kirattiktak</i> [15]	Tikta	Laghu, Ruksha, Sara	Katu	Sheeta
8.	<i>Guduchi</i> [16]	Tikta	Guru, Snigdha	Madhura	Ushna
9.	<i>Hribera</i> [17]	Tikta, Kashaya, Madhura	Laghu, Ruksha	Madhura	Sheeta
10.	<i>Dhanyak</i> [18]	Tikta, Kashaya	Laghu, Snigdha	Madhura	Sheeta
11.	<i>Patola</i> [19]	Tikta	Laghu, Snigdha	Katu	Ushna

Table 4: *Karma* and *Rogaghnta* *Truṣṇā-nigrahaṇa Mahakashaya* Drugs [9-19]

Sr. No.	Name	Doshagnata	Karma	Rogadhikar	Part used
1.	<i>Nagar</i> [9]	Vat-Kapha	<i>Vibandhahara, Śūlahara, Pāchaka, Kanthaśodhaka, Dīpana, Swarya, Śūlahara, Hrdya Kāsahara, Grāhi, Vibandhahara, Jihvā-śodhaka, Vrsya, Rucya Śwāsahara</i>	<i>Ajīrṇa, Agnimāndya, Āmavata, Chardi, Śūla, Śwāsa, Kāsa, Hrdroga, Ślīpada, Śoṭha, Arśa, Anāha, Udara, Vibandha.</i>	Rhizome
2.	<i>Dhanvayas</i> [10]	Vata Pitta	<i>Triṣṇāhara, Kuṣthaghna, Visarpanāśaka, Jwaraghna, Dahanāśaka, Chardighna, Madajit, Bhrāmajit, Vātaraktanāśaka.</i>	<i>Kuṣtha, Visarpa, Jwara, Triṣṇa, Daha, Chardi, Raktapitta, Vātarakta, Mada and Bhrama</i>	Seed
3.	<i>Vasak</i> [11]	Kaph Pitta	<i>Swarya, Hridya, Artihara Raktapittahara, Jwaraghna, Triṣṇāśāmaka, Chardighna, Mehahara, Rucya, Varnya.</i>	<i>Raktapitta, Kāsa, Śwāsa, Vaivarnya, Swarabheda, Triṣṇā, Hridrōga, Jwara, Chardi, Prameha, Kuṣtha, Aruci, Kamala.</i>	Leaves
4.	<i>Musta</i> [12]	Pitta Kapha	<i>Grāhi, Pāchaka Dīpana, Jwaraghna, Trṣṇāhara, Rocaka.</i>	<i>Atisāra, Paittik-jwara, Aruchi, Daha, Triṣṇā, Krimi.</i>	Root

5.	<i>Parpatak</i> [13]	<i>Pitta Kapha</i>	<i>Jwaraghna, Rucikara Trisṇāhara, Sangrāhi, Dahahara, Chardighna, Raktapittahara</i>	<i>Kaphajwara, Dāha, Triṣṇā, Aruci, Mada Chardi Glāni, Bhrama, Raktapitta</i>	Whole plant
6.	<i>Chandan</i> [14]	<i>Pitta- Kapha</i>	<i>Ahladakara, Śramahara, Hrudya, Raktaprasadaka Trsnāhara, Vruṣya, , Dāhahara, Krmighna, Saumanasya janana, Kusthaghna, Jwaraghna, Angamardaprasamana.</i>	<i>Daha, Truṣṇa, Jwara Raktapitta, Raktavikāra, Kuṣṭha, Visarpa, Krimi, Varna vikāra,</i>	Heart wood
7.	<i>Kirattiktak</i> [15]	<i>Kapha Pitta</i>	<i>Jwaraghna, Śwās – kasahara, Triṣṇāhar, Dāhanāśak, Sothahara, Ruchya, , Vranaropaka Kandu-krimighna,</i>	<i>Raktapitta, Swāsa, Kāsa, Swarabheda, Hridrōga, Triṣṇā, Jwara, Chardi, Prameha, Kuṣṭha, Aruci, Kamala, Vaivarnya</i>	Whole plant
8.	<i>Guduchi</i> [16]	<i>Tridosha</i>	<i>Rasayana, Sangrahi, Dipana, Amahara, Balya, Truṣṇāhara, Dāhahara, Hrudya Pramehaghna Arṣoghna, Krmighna Kuṣṭhaghna, Medhya, Chaksuṣya, Vayasthapana.</i>	<i>Jwara, Vatarakta, Prameha, Kuṣṭha, Agnimāndya, Truṣṇā, Dāha, Kāsa, Krmī, Chardi, Arṣas, Netravikāra, Hrudroga.</i>	Stem
9.	<i>Hribera</i> [17]	<i>Pitta Kapha</i>	<i>Kuṣṭhaghna, Dāhahara, Keṣya Atisāraghna, Pāchana Raktapittahara Jwaraghna, Dipana, Świtraghna, Rucya Visarpahara, Trisnāhara, Vranahara, Hridya, Hrilāsanaśaka</i>	<i>Kuṣṭha, Daha, Atisar, Jwar, Visarpa, Trishna, Hrudroga, Vrana.</i>	Root
10.	<i>Dhanyak</i> [18]	<i>Tridosha</i>	<i>Dīpana Krmighna Mutrala, Jwaraghna, Rocaka, Grāhi, Dāhahar Trṣṇāhara, , Chardighna, Hrdya Swāsahara, Pāchana</i>	<i>Agnimāndya, Mūtrakrcha, Jwara, Aruci, Truṣṇā, Dāha, Atisāra, Chardi, Śwāsa and Krimi.</i>	Seed
11.	<i>Patola</i> [19]	<i>Tridosha</i>	<i>Sukhvirechaka, Dipana Balya, Kusthaghna, Jwaraghna, Pāchana Amlapittahara,</i>	<i>Kuṣṭha, Kandu Klaihya, Daha, Kustha, Amlapitta, Hridroga.</i>	Root

**Table 5. Phytochemical constituents & pharmacological actions of *Truṣṇā-nigrahaṇa Mahakashaya* Drugs:**

Sr. No.	Name	English name	Phytochemical constituents	Pharmacological actions
1.	<i>Nagar</i> [20]	Ginger	Gingerols, Shogaols, Parados, Curcumene, Cineole, Geranyl Acetate, Terphineol, Terpenes, Borneol, Geraniol, Limonene, Linalool	Antioxidant, Anti-Inflammatory, And Antibacterial, Anticancer, Anti-Microbial.
2.	<i>Dhanvayas</i> [21]	Khorason thron	Flavonoids -Quercetin, Kaempferol, Luteolin, Apigenin, alkaloids-Saponins, Tannins, Triterpenoids, Glycosides, Phenolic Compounds, Steroids, Anthocyanins, Coumarins, Fatty Acids like linoleic and palmitic acid	Antioxidant, Antimicrobial, Anticoagulant Effects, Analgesic
3.	<i>Vasak</i> [22]	Malabar nut	Alkaloids: Vasicine (most abundant), Vasicinone, Vasinol, Deoxyvasicine, Vasicinolone, and Essential oils and fats, Adhatodine Flavonoids: -Luteolin, Apigenin, Kaempferol, Saponins, Quercetin Tannins, Phenolic compounds, Glycosides,	Antimicrobial, Anticholinesterase, Wound Healing, Immunomodulatory, Anti-Allergy, Abortifacient Uterotonic, Antitussive, Cardioprotective, Anti-Inflammatory, Hepatoprotective, Antiulcer, Antimutagenic, Antioxidant, Insecticidal, HIV-Protease -

				Inhibitor, Anthelmintic.
4.	<i>Musta</i> [23]	Nutgrass	Essential oils: Cyperene, $\alpha$ -cyperone, $\beta$ -cyperone, Patchoulone, Steroids, cyperotundone, mustakone, Alkaloids, Flavonoids, Saponins, Glycosides, Phenolic compounds, Tannins.	Anti-Inflammatory, Analgesic, Antioxidant, Antimicrobial, Antidiabetic, Hepatoprotective, Antidiarrheal, Neuroprotective, Anticancer, Estrogenic/Anti-Estrogenic, Uterine Stimulant Effects.
5.	<i>Parpatak</i> [24]	Five leaved fumitory	Alkaloids (Like Fumariline, Protopine, Fumaritine), Flavonoids, Tannins, Glycosides, Saponins, Phenolic Compounds	Hepatoprotective, Antioxidant, Anti-Inflammatory, Antispasmodic, Laxative, Antimicrobial, Analgesic, Antidiabetic, Cholagogue Effects.
6.	<i>Chandan</i> [25]	Sandal wood	A-Santalol, B-Santalol, Sesquiterpenes, Santalenes, Santalic acid, Tannins, Flavonoids, Lignans, Phenolic Compounds.	Anti-hyperglycemic, Anti-hyperlipidemic, Cardioprotective, Anti-inflammatory, Antipyretic, Anticancer, Haemolytic, Antioxidant, Antiviral, Antifungal, Antibacterial, Anti-ulcer, Sedative
7.	<i>Kirattiktak</i> [26]	Chireta	Mangiferin, Swertiamarin, Swerchirin, Xanthones, Iridoid, Glycosides, Alkaloids, Flavonoids, Tannins, Terpenoids, Chiratosol, Bellidifolin, Swertanone, Gentianine, Sweroside.	Antibacterial, Antifungal, Antiviral, Antioxidant, Anti-inflammatory, Hypoglycemic, Anti-diabetic, Anti-malarial Hepatoprotective, Anti-leishmanial, Anticarcinogenic, Anthelmintic, Antipyretic, Antidiarrhoeal Anti HIV 3
8.	<i>Guduchi</i> [27]	Gulancha Tinospora	Tembetarine, Choline, Magnoflorine, Berberine, Tinosporin, Isocolumbin, Palmetine, Jatrorrhizine, Aporphine Alkaloids, Tetrahydropalmatine, Furanolactone, Diterpenoid Lactones, Cleodrane Derivatives,	Vasorelaxant, Analgesic, Anti-Inflammatory, Antimicrobial, Anti-Viral, Anti-Hypertensive, Anti-Cancer/Anti-Tumor, Anti-Diabetic, Antiulcer Immunomodulatory, Antioxidant, Anti-Microbial, Anti-Osteoporotic Cardioprotective, Antioxidant, Antidiarrheal, Aphrodisiac, Neuroprotective Immunomodulatory, Antidyslipidemic, Anti-Inflammatory, Antifeedant Gastroprotective, Radio Protective, Cytoprotective, Ameliorative, Antipsychotic, Hepatoprotective, Nootropic, Hypoglycemic.
9.	<i>Hribera</i> [28]	Fragrant swamp mallow	Alkaloids, Carbohydrates, Proteins, Amino Acid, Fat & Oils, Terpenoids, Steroids, Saponins, Tannins, Glycoside, Flavonoids, Phenol, Anthraquinones,	Anti-inflammatory, Antimicrobial, Anticancer, Antifungal, Antiulcer, Antibacterial, Antioxidant, Antidiabetic, Antitumor Immunomodulatory, Cardiovascular Activity.
10.	<i>Dhanyak</i> [29]	Coriander	Linalool, Borneol, Camphor, Cineole, Limonene, Flavonoids, Tannins, Alkaloids, Sterols, Essential Oils	Antioxidant, Anti-inflammatory, Antimicrobial, Antidiabetic, Anti-Hyperlipidemic, Anxiolytic, Hepatoprotective, Diuretic, Carminative, Digestive stimulant. Antifungal
11.	<i>Patola</i> [30]	Wild snake guard	Vitamin A, Vitamin C, Tannins, Saponins, Alkaloids, Flavonoids, Glycosides, Phenols, Peptides, Proteins, Sterols, Fixed Oils, Lectins, Cucurbitane, Glycosides.	Antidiabetic, Anti-inflammatory, Hypolipidemic, Wound Healing, Antioxidant, Anti-inflammatory, Hepatoprotective, Antimicrobial, Diuretic, Antihyperlipidemic

## DISCUSSION

Truṣṇā, as described in Ayurvedic literature, closely corresponds to the clinical concept of pathological or abnormal thirst, characterized by persistent dryness and an unquenchable desire to drink fluids despite repeated intake. This condition reflects a disturbance in physiological homeostasis rather than a simple response to dehydration. Conceptually, the Sanskrit term *pipāsā* aligns with the broader understanding of thirst mechanisms, while its pathological exaggeration can be compared with *polydipsia* in contemporary medicine, indicating excessive fluid consumption driven by underlying imbalance [2-4].

The Truṣṇā-nigrahaṇa Mahākaśāya, comprising eleven medicinal substances, demonstrates a well-defined pharmacodynamic profile based on *Rasapañcaka*. A predominant presence of *Tikta Rasa* (bitter taste), followed by *Kaṣāya Rasa* (astringent taste), suggests a strong therapeutic inclination toward metabolic detoxification, drying of excessive moisture, and correction of internal derangements. The dominance of *Laghu* (light) and *Snigdha* (unctuous) *Guṇa* indicates a dual action—facilitating digestion and metabolic clarity while maintaining internal lubrication to counteract dryness associated with excessive thirst [5].

Analysis of *Vipāka* reveals a nearly balanced distribution, with a slight predominance of *Katu Vipāka* over *Madhura Vipāka*. While *Madhura Vipāka* contributes to tissue nourishment and stabilization of *Vāta Doṣa*, *Katu Vipāka* aids in metabolic stimulation and clearance of accumulated toxins (*Āma*). Furthermore, the predominance of *Śīta Vīrya* (cool potency) among the majority of drugs highlights their significant role in pacifying *Pitta Doṣa*, which is considered the primary etiological factor in Truṣṇā according to classical texts. The presence of a few *Uṣṇa Vīrya* drugs suggests a supportive role in correcting associated *Vāta* or *Kapha* imbalances, thereby ensuring a comprehensive therapeutic effect [11,14].

From a pathophysiological perspective, the combination of *Tikta Rasa* and *Śīta Vīrya* is particularly effective in managing *Pittaja* conditions by reducing internal heat, alleviating burning sensation, and restoring fluid balance. Additionally, the bitter taste contributes to *Āma-pācana* (metabolic detoxification), making these drugs suitable not only for *Pittaja Truṣṇā* but also for conditions arising from *Kapha*, *Āma*, and dietary causes (*Bhakta Nimittaja*). This multi-dimensional approach underscores the adaptability of the formulation in addressing different etiological variants of Truṣṇā [18].

Classical Ayurvedic texts, particularly the Charaka Samhita, categorize Truṣṇā predominantly as a *Pittaja Vyādhi*. Accordingly, the drugs within this Mahākaśāya are widely utilized in *Pitta-śamana Cikitsā* across various clinical conditions such as *Jvara* (fever), *Raktapitta* (hemorrhagic disorders), *Visarpa* (inflammatory skin disorders), and *Vātarakta* (gout-like conditions). This reinforces their systemic action beyond mere symptomatic relief of thirst, extending to broader anti-inflammatory and homeostatic roles [19].

Therapeutic management of Truṣṇā requires an individualized approach based on *Doṣa* predominance, guided by principles such as *Daśavidha Parikṣā*. The selection of drugs with properties antagonistic to the vitiated *Doṣa* ensures rational and targeted intervention. Moreover, classical references such as Madhava Nidana highlight that Truṣṇā may also manifest as an *Upadrava* (complication) of other untreated or poorly managed diseases. In such scenarios, management should primarily focus on addressing the underlying pathology rather than symptomatic treatment alone.

In summary, the pharmacological attributes of the Truṣṇā-nigrahaṇa Mahākaśāya demonstrate a scientifically coherent framework rooted in Ayurvedic principles. Its multi-targeted action—encompassing *Doṣa* balancing, metabolic correction, and systemic cooling—supports its clinical relevance in managing pathological thirst and associated disorders.

## CONCLUSION

From above study we can conclude that Truṣṇā is a multidimensional condition whose classical understanding as symptom or diseases correlates significantly with modern medical insights, allowing for a comprehensive and holistic approach for treatment. Clinically the different types of *Truṣṇā* can be identified and treated with these dravyas accordance to *Dosha* predominance. Utilizing all of the *Truṣṇā-nigrahaṇa Mahakashaya* medications simultaneously affects every *Dosha* and results in *Dosha Samprapti Vighatana*. It shows that our *Acharyas* have approached all minute observations regarding *Truṣṇā* with a broad perspective and developed integrated methodology that one can choose from a variety of drug or combination that are effective against all sorts of abnormal thirst. Pharmacological screening of these drugs can be further done to analyses their potency.

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