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REVIEW ARTICLE

Effect of *Trailokya Vijya Vati* in Various Disease – A Review

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ABSTRACT

Introduction: One of the strongest traditional medicines is Trailokya Vijaya Vati, which contains vijaya as one of its main constituents. "Trailokya Vijaya Vati" means "victory over the outer three worlds" in literal translation. According to Ayurveda, the medication is considered a "*Aashukari*" or drug that offers immediate comfort since it directly affects motor neurons, or "*Vaat-Vaahini Naadi*." Because of this, it offers prompt relief from conditions involving different kinds of pain.

Materials and Methods: Information on *trailokya vijya vati in various disease* was gathered from the Laghutrayi, the Brihattrayi and its commentaries, and other Ayurvedic and modern texts.

Results: The binary preparation known as Trailokya Vijaya Vati, which combines Vijaya sativa with *Bambusa arundianaceae*, was initially documented in Rasa *Vigyana*, a modern Ayurvedic Alchemy and Pharmaceutics treatise.

Discussion: *Apasmara* (seizure disorders), *Rajahkashtajanya Shoola* (dysmenorrhea and related symptoms), *Rajayakshma* (tuberculosis and similar wasting diseases), *Atisara* (diarrhea, colitis, IBS, IBDs, etc.), and *Shoola* (acute and chronic pains emerging from varied pathologies and origins) are just a few of the plethora of health conditions for which this potent formulation is renowned for producing amazing therapeutic effects.

Conclusion: *Trailokya Vijaya Vati* improves general health and well-being by balancing the three doshas (*Pitta, Kapha, and Vata*) in the body

1. INTRODUCTION

The main constituents in Trailokya Vijaya Vati, a traditional medicine, are *Bambusa arundinacea and Vijaya*. The Ayurvedic text *Rasa Vigyana* describes this powerful formulation, which has been shown to have therapeutic effects for a variety of health conditions, such as anxiety, insomnia, seizures, psychological and psychosomatic disorders, dysmenorrhea, diarrhea, tuberculosis, and acute and chronic pain. The medication helps to manage seizures and has a relaxing impact on the brain.[1] Trailokya Vijaya Vati is also effective in relieving neuropathic pain. One kind of persistent pain that results from harm to the nerve system is called neuropathic pain. Trailokya Vijaya Vati's natural components have the potential to lessen inflammation and ease neuropathic pain. Chemotherapy adverse effects can be effectively mitigated using Trailokya Vijaya Vati. Abdominal pain and renal colic can both be relieved by it. *Trailokya Vijaya Vati's* natural ingredients aid to lessen chemotherapy side effects, ease pain and inflammation, and enhance digestive health. In addition, Trailokya Vijaya Vati promotes better gut health in general, which aids in controlling the gut-brain axis. The gut and brain communicate with one another through a complicated system known as the gut-brain axis. It is essential for controlling mood, digestion, and general wellness.

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2. REVIEW OF LITRETURE

2.1. Composition

Each tablet of 'Trailokya Vijaya Vati' contains 125 mg of Vijaya (Vijaya sativa linn) dried leaves, 125 mg of Vansh lochan (*Bambusa arundianacea*) and excipients q.s.[2]

2.2. Use of Trailokya Vijaya Vati content in different disease

2.2.1. Vijaya (Cannabis Sativa Linn)

In Ayurveda, different herbal preparations of vijaya have been shown to treat a variety of conditions including digestive disorders such as

diarrhea, dysentery, and colitis; respiratory conditions such as asthma, bronchitis, and cough; neurological conditions such as epilepsy, headaches, migraine, and neuropathic pain; psychological conditions such as anxiety, depression, and insomnia; and gynaecological conditions such as menstrual cramps, premenstrual syndrome, and menopause symptoms.[3,4] Vijaya is also considered sacred in Hinduism and is consumed during the Shivaratri festival for recreational and religious purposes.[5] In addition, as this festival falls under the winter season, its use has been linked to a therapeutic purpose, that is, fighting influenza and symptoms of the common cold.[6,7]

2.2.1.1. Chronic pain

The most prevalent reason given by patients for using vijaya medicinally is relief from chronic pain. For instance, according to Light *et al*. (2014), 94% of Colorado residents with medical marijuana ID cards listed "severe pain" as a qualifying medical condition. Similar findings were made by Ilgen *et al*. (2013), who found that 87% of research participants used medical marijuana to treat pain. Furthermore, there is proof that some people are switching from traditional painkillers (such opioids) to Vijaya. For instance, a recent study found that using medicinal vijaya for pain sufferers was linked to a 64% decrease in the use of opioids, based on survey data from customers of a Michigan medical marijuana store.[8]

2.2.1.2. Cancer

A biological disease frequently leads to tumor growth, cancer is a general word used to cover a wide range of related disorders that are characterized by an uncontrolled, unregulated division of cells.[9] One of the main causes of death in the US is cancer, and by the end of 2016, there will likely be 1.7 million new cases of the disease diagnosed. Evidence suggests that cannabinoids, and the endocannabinoid system in general, may be involved in the regulating processes that affect cancer,[10] which is relevant to the committee's interest. Determining the effectiveness of vijaya or cannabinoids for the treatment of cancer is therefore of interest.

2.2.1.3. Epilepsy

Epilepsy is a term used to describe a range of long-term neurological conditions in which aberrant signals from brain neuron clusters occasionally result in seizures. Even with the wide range of antiepileptic drugs available today, approximately one-third of people with epilepsy will experience seizures despite receiving treatment. The nonselective cannabinoid (CB) receptor agonist, dronabinol (DRO), reduced fasting colonic motility in nonconstipated IBS. FAAH and CNR1 variants influenced DRO's effects on colonic motility-12.

2.2.1.4. Parkinson's disease

Parkinson's disease is a disorder of the motor system caused by a loss of brain cells that produce dopamine. Clinically, it is characterized by bradykinesia (slow movement), tremor, rigidity, and poor balance and coordination.[13] Evidence suggests that the endocannabinoid system plays a meaningful role in certain neurodegenerative processes (Krishnan *et al*., 2009); thus, it may be useful to determine the efficacy of cannabinoids in treating the symptoms of neurodegenerative diseases.

2.2.1.5. Dystonia

A disease called dystonia is characterized by prolonged or repetitive muscular contractions that cause aberrant fixed postures or recurrent twisting movements. Focal dystonia is most frequently caused by idiopathic cervical dystonia. At present, the most successful therapy involves repeated injections of botulinum toxin, while oral pharmaceutical medicines are often useless.[14] The pathophysiologic mechanisms of dystonia are poorly understood, but, as in other hyperkinetic movement disorders, underactivity of the output regions of the basal ganglia may be involved. Stimulation of the cannabinoid receptors has been postulated as a way to reduce dystonia (Zadikoff *et al*., 2011). Anecdotal reports have suggested that vijaya may alleviate symptoms associated with dystonia (Uribe Roca *et al*., 2005). In a 1986 preliminary open pilot study in which five patients with dystonic movement disorders received cannabidiol, dose-related improvements were observed in all five patients (Consroe *et al*., 1986).

2.2.1.6. Drug addiction

Drug addiction is characterized as a chronically relapsing illness with reduced control over substance use and an obsessive urge to seek and use drugs despite negative consequences. It has been discovered that the endocannabinoid system affects drug-seeking behavior's development and maintenance, probably because of its involvement in reward and brain plasticity. In addition, oral dronabinol has been shown in laboratory settings to lessen the symptoms of vijaya withdrawal in users who were not seeking treatment to cut back on their use of the drug. For these reasons, it is possible that dronabinol will be helpful as a stand-in to help achieve and maintain vijaya abstinence.[15]

2.2.1.7. Anxiety

Excessive dread and worry, which can result in psychological and physical symptoms that can be extremely distressing or interfere with social, occupational, and other areas of functioning, are characteristics of anxiety disorders. An estimated 18% of adults in the US may experience anxiety-related symptoms at some point in their lives. The committee made the decision to investigate the connection between anxiety and vijaya because of the endocannabinoid system's function in mood regulation.

2.2.1.8. Sleep disorders

The main categories of sleep disorders are circadian rhythm sleep-wake disorders, parasomnias, sleep-associated movement disorders, insomnia, and respiratory disorders connected to sleep. The endocannabinoid system may be involved in sleep, according to certain data. Modifications in slow-wave sleep, which is essential for learning and memory consolidation, are linked to THC in a dose-dependent manner. The effects of vijaya on sleep latency may also include shorter sleep onset times at lower dosages and longer sleep onset times at higher doses. Cannabinoids may therefore be useful in the treatment of sleep problems.[16]

2.2.1.9. Schizophrenia spectrum disorders

Three distinct classes of symptoms distinguish schizophrenia spectrum disorders and other psychotic disorders: negative symptoms (such as diminished emotional expression, lack of interest or motivation to engage in social settings, speech disturbance, or anhedonia), positive symptoms (such as delusions, hallucinations, or disorganized or abnormal motor behaviour), and impaired cognition (such as disorganized thinking).[17] Evidence suggests that the prevalence of vijaya use among people with schizophrenia is generally higher than among the general population (McLoughlin *et al*., 2014). In most of the studies reviewed below, schizophrenia, schizophreniform disorder, schizoaffective disorder, and psychotic disorders are used as aggregate endpoints.

2.2.2. Vansh lochan (Bambusa arundianacea)

Vanshlochan, also known as *Tabasheer or Tugaksheeri*, is a common ingredient in medications that have a number of therapeutic uses, including treating measles, smallpox, asthma, febrifugal symptoms, demulcent, poisoning instances, paralytic complaints, cardiac conditions, and bronchitis. *Vanshlochan* is also used to treat respiratory infections, cough, tuberculosis, sinus congestion, sore throat, as well as the common cold.[18,19]

3. DISUSSION

Trailokya Vijaya Vati is an Ayurvedic medicine that contains natural ingredients such as *Vijaya sativa* and *Bambusa arundinacea*. Cannabinoids, found in Vijaya sativa, have analgesic, anti-inflammatory, and anxiolytic effects that reduce pain, inflammation, and anxiety. *Bambusa arundinacea* is believed to help lower fever and inflammation and has a cooling effect. Because Trailokya Vijaya Vati is made of natural ingredients, it is an Ayurvedic medication with many health benefits. Because the medication directly affects motor neurons, it is considered an Ayurvedic "*Aashukari,*" or medication that provides immediate comfort. This makes it efficient in offering prompt relief from conditions associated with different kinds of pain. Trailokya Vijaya Vati is a natural medication that works well for joint pain, muscle spasms, chronic pain, and sciatica. It can lessen discomfort, lessen inflammation, and increase joint mobility. In addition, useful in treating sleep disorders like insomnia and seizure management is *Trailokya Vijaya Vati*. It promotes hunger and reduces anxiety, which improves the quality of sleep.

4. CONCLUSION

In overall, it has been suggested that *Trailokya Vijaya Vati* improves general health and well-being by balancing the three doshas (*Pitta, Kapha, and Vata*) in the body. Numerous medical ailments, including as fever, cold, cough, asthma, digestive issues, anxiety, sleeplessness, seizures, and pain, are frequently treated with it.

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6. AUTHORS' CONTRIBUTIONS

All the authors contributed equally to the design and execution of the article.

7. FUNDING

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8. ETHICAL APPROVALS

The study not require ethical approval as it is a review study

9. CONFLICTS OF INTEREST

Nil.

10. DATA AVAILABILITY

This is an original manuscript and all data are available for only review purposes from principal investigators.

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