

NIIST comes up with a palatable Trikatu

SPECIAL CORRESPONDENT

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The National Institute for Interdisciplinary Science and Technology (CSIR-NIIST) here has developed a palatable version of Trikatu, an Ayurvedic formulation prescribed for respiratory tract infections, cough, asthma, gastric and abdominal disorders.

The technical know-how has been transferred on a non-exclusive basis to the Parassala-based Trivandrum District Palm Products Development Cooperative Federation, the NIIST said here on Thursday.

Though considered an excellent medicine, Trikatu is characterised by *Tikshna guna* (hot and pungent), which makes it difficult to consume, NIIST scientists said. Many Ayurvedic practitioners prescribe its use along with sugar or jaggery.

Palm neera

The NIIST has developed a palatable formulation of Trikatu using a syrup from palm neera, which has applications in various health conditions, including asthma and anaemia and bronchial suffocation. Trikatu is also used in the preparation of several classical Ayurveda formulations used in the treatment of common cough and cold, respiratory disorders and digestive disorders.