

## SUGANDHI TRIPHALA: AN OVERVIEW

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<https://doi.org/10.46607/iamj04p8022024>

(Published Online: January 2024)

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Article Received: 06/12/2023 - Peer Reviewed: 15/12/2023 - Accepted for Publication: 17/01/2024.



## ABSTRACT

The term Triphala is famous in Ayurveda literature. The word Triphala is commonly used for Haritaki, Vibhitaki, and Amalaki. But Sugandhi Triphala has three powerful ingredients, Jatiphala, Puga, and Lavanga, and they have been used for centuries in various cultures for their numerous health benefits and culinary uses. These ingredients, also known as nutmeg, Betel nut, and cloves, respectively, are rich in flavor and possess medicinal properties that make them highly sought after. It is astringent, Madhura in Vipaka, and valuable in Vibandha. It acts on Vata kapha dosha.

**Key words:** Sugandhi Triphala, Jatiphala, Puga, Lavanga

## INTRODUCTION

Sugandhi Triphala, the combination of Jatiphala, Puga, and Lavanga, creates a powerful blend of flavors and health benefits. When used together, these ingredients can enhance the taste of dishes while providing a range of medicinal properties. This combination is valuable to any kitchen, whether it's adding warmth to a curry or soothing a sore throat.

### Method

#### (1) Jatiphala

It is commonly known as Jaiphala and botanically identified as *Myristica fragrans*. It belongs to the family Myristicaceae. The name Jatiphala combines two words, "Jati" and "phala." The word "Jati" literally means aroma, and phala is fruit, referring to the aromatic nature of the fruit. The seed is popularly known as Jayaphala, and the fleshy red covering on the seed, i.e., mace, is known as Javitri or Jatikosha. It is an aromatic evergreen tree of 5 to 15 m in height.

The synonyms are Jatikosha, Jatiphala, Kosha, and Malati phala. It is Tikta and Kaṭu in Rasa, Laghu, Tikсна in Guna, Katu in Vipaka, and Usna in Virya. Sarigdhara mentioned Jatiphala as an example of Shukrastambhana dravyas. It acts as deepan (appetizer), pachana (digestive), grahi (fecal astringent rochan (retisch), swarya (beneficial for voice), segandhi (aromatic), madaka (narcotic), vristya (aphrodisiac), helilya (Cardin tonic, yakritor tejaka (hepatic stimulant), krimigina (anthelmintic kushthaghna (antipruritus), Jwarghna (antipyretics), varnya (complexion proanoter), akshepahara (anticonvulsant) durgandhnashaka (fragrance/remove foul smell), vedanasthapaka (anodynes) vata anulomaka (carminative), and shothahara (reduce swelling).

### Therapeutic Uses

1. Yuvanapitika- External application with Jatiphala, Candana, and Marica will be helpful.
2. Atisara-Jatiphala and Sunthi Kalka is given orally.
3. Vipadika- Jatiphala Kalka is applied topically.
4. Visucika- Cold infusion of Jatiphala shall be given orally. M. beddomi King is used as adulterant for Jatiphala.

### (2) Lavanga

It is commonly known as Laung and botanically identified as *Syzygium aromaticum* (Linn.), which belongs to Myrtaceae. The word “clove” is derived from the French word “clou” and the English word “clout,” meaning a nail, which signifies the similarity of the floral bud to a broad-headed nail. It is an aromatic, evergreen, medium-sized tree of about 5 to 10 m in height with semierect, gray, dense branches. Synonyms- Grahanhara, Divyagandha, Devakusuma, Varija, Sriprasunaka, Srisanjnaka, Candana puspa, Bhrngangi, Sekhara. Rasapanchaka is Rasa- Tikta and katu, Guna- Laghu and Snigdha, Vipaka – katu, Virya- Sita, Karma-Kapha-pitta hara. It acts as deepan (appetizer), Pacha (digestive), rochan (relish), chakshirnya (beneficial for vision), vrishya (aphrodisiac), vishaghna (antidote), hridya (cardiotonic) mangalya (helpful), vedanahara (analgesic), shothhara (reduces swelling) vranaropana (wound healing),

stambhan (faecal astringent), durgandtinashan (removes foul smell) properties.

### Therapeutic Uses

- (1) Vatarti (pain)- Lavanga is pounded and applied externally with warm water.
- (2) Visucika- Water boiled with clove is filtered and given.
- (3) Trsna- The fresh juice of Lavanga may be helpful.

### (3) Puga

It is commonly known as Betel nut and botanically identified as *Areca catechu* Linn. It belongs to the family Arecaceae. The word Puga in hindi is known as Supari. It is a tall, slender, unbranched tree of 40 to 50 feet surmounted by broad, glossy green, feather-shaped leaves. Synonyms are Ghorant, Pugi, Guvaak, Kramuka, Pugiphal, Udvega. It's Rasapanchaka is Rasa-Kashaya, Guna- Guru, Ruksa, Vipaka- Katu, Virya-Sita. It is Kapha-Pittashamak. It is Agnidhepan (appetizer), rochaka (relish), mohajanak (create confusion), aasyavairasya nashnam (reduce tastelessness of mouth), vikasi (sluggishness of joints and diminishing of ejus), krimighna (anthelmintic), artavapravartal (induce menstruation), Aadra Puga (fresh fruit of puga). Abhishyandi (blockage of the channel), agnishamaka (reduced appetite), and drishtihar (reduced the power of vision). Raktaprahavika (bleeding dysentery), atisaar (diarrhea), krimi (worm infestation), prameha (diabetes), raktasrava (hemorrhage), mukhapaka (stomatitis).

## DISCUSSION

Firstly, Jatiphala, or nutmeg, is a versatile spice widely used in sweet and savory dishes. It's warm and sweet flavor adds depth and complexity to curries, soups, and stews. In addition to its culinary uses, nutmeg is known for its medicinal properties. It has been used for centuries as a natural remedy for digestive, insomnia, and respiratory problems. Nutmeg also possesses anti-inflammatory and antibacterial properties, making it an excellent addition to natural treatments for various ailments. Secondly, Lavanga, or cloves, are tiny flower buds known for their strong and spicy flavor. They are often used in sweet and

savory dishes, especially baking and pickling. Cloves are not just a flavorful spice; they also possess numerous health benefits. They are rich in antioxidants and have anti-inflammatory properties, which can help reduce inflammation and promote overall well-being. Cloves are also known for their analgesic properties and have been used as a natural remedy for toothaches and sore throats. Lastly, Puga or Betel nut is widely used in the Indian subcontinent. Vitamins, minerals, and antioxidants are found in betel nuts, which help enhance your health.

## CONCLUSION

The Sugandhi Triphala, a mixture of nutmeg, cloves, and betel nut, is a powerful medicine that is functional in various treatments. Using this combination helps increase your digestive power, refresh the brain, eliminate dental problems, and provide energy to the body. Therefore, the combination of Jaiphal, Clove, and Betel nuts is an effective medicine that helps keep our health safe and sound. It is an integral part of medicinal medicine and should be used regularly.

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**Source of Support: Nil**

**Conflict of Interest: None Declared**

How to cite this URL:Vikas S. Pamnani & Sunita D. Ram: Sugandhi triphala: an overview. International Ayurvedic Medical Journal {online} 2024 {cited January 2024} Available from: [http://www.iamj.in/posts/images/upload/131\\_133.pdf](http://www.iamj.in/posts/images/upload/131_133.pdf)