

CLASSICAL REVIEW OF *TRIPHALA* IN VARIOUS DISEASES

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ABSTRACT

Triphala is used in the traditional Indian system of medicine. *Triphala* is composed of three fruits namely- *Haritaki*, *Vibhitaki* and *Amalaki*. The fruit of three together called *Triphala*. It is used as a anti-oxidant and possesses various beneficial properties. It is widely prescribed *Ayurvedic* drug and is used in various diseases. *Triphala* has been described in the ancient *Ayurvedic* text as a *Tridoshic Rasayan*. *Triphala* is a traditional *Ayurvedic* formula that tones and supports normal function to the bowel. This three fruit formula is simply a bowel toner, designed to store the muscular function and contractibility of the intestinal wall.

Keywords: *Triphala*, Ayurved, *Charak Samhita*, *Sushruta Samhita*, *Astanga hridaya*.

INTRODUCTION

In prehistoric age, man started to use plants growing around in various ways as diet and drug. Later on when the concepts were developed their possible mode of action was studied and their properties were defined scientifically. The object of this scientific knowledge was again to enable physician to make judicious use in a more effective way. Looking to the prime importance of *Prayoga* (use), *Acharya Charak* has said that real expert of medicinal plants is he who is well versed in their use besides their names and forms. The present article deals with classical use of *Triphala* recorded right from the *Charak samhita* to the various available *Ayurveda* texts. Group of drugs like *Triphala* are very popular in society. Now a large number of people are using *Triphala* rather than taking singly as *Haritaki*,

Vibhitaki or *Amalaki*. Therefore a classical review of *Triphala* is needed. During each meal, the intestinal tract produces a certain amount of mucus that helps in lubricating it. *Triphala* which is an *Ayurvedic* herbal formula, helps to cleanse the mucus of the digestive villi, making for a more efficient digestive process. *Triphala* has three fruits that support the elimination process. *Amalaki* is a fruit that supports intestinal repair. *Bibhitaki* pulls the old mucus of the wall. *Haritaki* strengthens the intestinal muscles to contract more efficiently when the bowels need to move.

Aim: To study drug review of *Triphala* from Ayurvedic classical texts.

Objective:

1. Collection of various references of *Triphala* from available ayurvedic texts.
2. Enlightening the use of *Triphala* in various *Ayurvedic* texts.

Materials and Methods-

Materials: All references of *Triphala* was collected from Original text of *Charak Samhita*, *Sushrut Samhita*, *Ashtanga Hridayam*

Methods: References of *Triphala* was collected from Original text and arranged with their use in various diseases. All the diseases are grouped according to *Ashtanga Ayurveda*.

Kaya-Chikitsa:-

Chronic fever-

1. *Triphala*, *Haritaki*, *Guduchi*, and *Pippali* each separately should be given according to the prescribed method or *Bhallataka* mixed with jaggery may be used.¹
2. One suffering from fever should take *Triphala* and *Pippali* with honey.²

Malarial Fever-

In malarial fever, one should take *Triphala* mixed with profuse quantity of jaggery.³

ANAEMIA and JAUNDICE-

1. The patient should take decoction of *Triphala* mixed with cow's urine for a week.⁴
2. *Navayasa churna*.⁵
3. *Triphala* mixed with *Lauhabhasma* should be taken with cow's urine for a long time.⁶
4. *Vasadi (Phalatrikadi) Kvath*⁷
5. One suffering from jaundice should take cooled decoction of *Triphala*, *Guduchi*, *Daruharidra* or *Nimba* mixed with honey in morning.⁸

OBESITY-

1. Decoction of *Triphala* mixed with honey reduces fat.⁹
2. Use of buttermilk and *Nimba*, rough food, drinks and drugs, urine and *Triphala* is the remedy for the disorder of lipid metabolism.¹⁰

Heart disease- In heart disease caused by *Kapha* one should take *Phaladi* or *Mustadi* drugs or *Triphala* alone.¹¹

Kaya-Chikitsa :-

Oedema- *Triphaladyarist*¹²

Vatarakta-

1. Decoction of *Triphala* is useful in *Vatarakta*.¹³
2. One should take *Triphala* powder mixed with *Trikatu* and honey or *Guggulu* or *Silajatu* with cow's urine.¹⁴

Erysipelas-

1. Decoction of *Triphala* added with *Ghee* and *Trivrit* should be used as purgative in erysipelas and fever.¹⁵
2. Glandular erysipelas is treated with the use of *Triphala* and *Pippali* separately with honey, *Devadaru* and *Guduchi*, *Shaktu* of *Musta* and *Bhallataka* and *Dhatumakshika*.¹⁶

Kustha- *Triphala*, *Vidanga* and *Pippali* should be taken with oil, *Ghee*, and honey.¹⁷

Narcosis and fainting- Use of *Triphala* with *Ghee*, honey, and sugar or that of *Silajatu* or milk, or *Pippali* or *Chitraka* with milk is efficacious.¹⁸

Prameha-

1. For *Ksarameha*, *Triphala* decoction is the remedy.¹⁹
2. *Prameha* etc. are alleviated by the use of *Triphala* and *Haritaki*, *Triphala* alone or *Aristas*.²⁰

Goiter- Regular use of *Triphala* decoction, firm bandage and diet of barley.²¹

Disorder of female genital tract- In case of discharge from vagina, it should be washed with buttermilk, cow's urine, vinegar and *Triphala* decoction.²²

Shalya-Chikitsa

Fistula-in-ano-

Powder of *Triphala* and catechu impregnated with decoction of *Triphala* and mixed with equal quantity of *Guggulu* and honey destroys *Kustha*, diabetic boils and fistula-in-ano.²³

Wound-

Triphala Guggulu is the best remedy for wounds.²⁴

Ahiputanaka-

Washing with decoction of *Triphala*, *Kola*, *Khadira* promotes healing of wounds.²⁵

Soft chancre-

1. *Triphala* is burnt in an earthen pan and the ash is applied on the wounds. It promotes healing.²⁶

Agad -Chikitsa

Snake poison-

Old *Ghee* mixed with *Triphala* powder should be taken.²⁷

Shalaky- Chikitsa

Eye disease-

1. *Triphala* is the best remedy for eye diseases.²⁸
2. Each of the three *Triphala* drugs is pounded with water and burnt in an earthen pan covered with an earthen plate. Then it is powdered, impregnated with the decoction of the other two drugs of *Triphala* and dried. Again it is mixed with two salts and rubbed. *Nimi* says that these three formulations of collyrium are excellent scrapping agents.²⁹
3. In *Timira* caused by *Vata*, *Pitta* and *Kapha* one should use regularly *Triphala* powder mixed with oil, *Ghee* and honey.³⁰
4. If one takes regularly old *Ghee*, *Triphala*, *Satavari*, *Patola*, *Mudga*, *Amalaka* and *Barley* there is no fear of *Timira* for him.³¹
5. On taking *Triphala* powder and *Yastimadhu* with *Triphala Ghrita* and honey in night keeping on wholesome diet and drinking *Amalaka* water attains excellent vision thus says *Nimi*.³²
6. One suffering from defects of vision should use regularly *Triphala* decoction with *Ghee* or cakes etc. prepared with *Triphala* powder or rice-milk prepared with *Triphala*, cooled and added with honey and sugar.³³
7. Decoction of *Triphala* and *Panchamula* mixed with milk and castor oil should be given as purgative.³⁴
8. To improve eye- sight, one should use *Triphala* with honey and *Ghee* in night.³⁵

Rasayana Chikitsa

*Triphala Rasayana*³⁶

DISCUSSION

By reviewing various *Ayurvedic* texts, it is clear that herbal drugs like *Triphala* has a lot of significance in our life. After reviewing various classical texts, it is clear that we can cure different diseases by using *Triphala*. *Triphala* has many medicinal properties such as *Lekhaniya*, *Kushathaghna*, *Krimighna* and *Sirovirechaniya* etc. In the *Ayurvedic* literature *Triphala* is extensively described. It is used internally and externally in various diseases. In the *Ayurvedic* literature it is one of the most important commonly used herbs. Presently it is considered as an important anti-diabetic and anti-oxidant drug. Anti -oxidant scavenge molecules in the body known as free radicals, which damage cell membranes, tamper with DNA, and even cause cell death. Most important thing about *Triphala* is that it is cultivated throughout India.

CONCLUSION

After reviewing the *Ayurvedic* classical texts, it is clear that *Triphala* is used in the traditional system of medicine to cure various diseases. *Triphala* is a drug widely used in many disorders due to various pharmacological actions. Presently it is considered as an important anti-diabetic and anti-oxidant drug.

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