

Triphala: A Wonder Drug of Ayurveda

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ABSTRACT

Triphala is used in the traditional Indian system of medicine. *Triphala* is composed of three fruits namely *Haritaki*, *Vibhitaki*, *Amalaki*. The fruit of three together called *Triphala*. It is widely prescribed Ayurvedic drug and is used in various diseases. *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. It is used as an anti oxidant and possesses various beneficial properties.

Keywords: *Triphala*, *Ayurveda*, *Charak Samhita*, *Sushruta Samhita*, *Ashtanga Hridaya*

INTRODUCTION

The objective of this scientific knowledge is 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 name and forms¹. The present article deals with classical use of *Triphala* in various Diseases. 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 effective 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* 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* were 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 methods or *Bhallataka* mixed with jaggery may be used².
2. One suffering from fever should take *Triphala* and *Pippali* with honey³.

OBESITY:

1. Decoction of *Triphala* mixed with honey reduces fat⁴.

2. Use of Buttermilk and *Nimba*, rough food, drinks and drug, urine and *Triphala* is the remedy for the disorder of lipid metabolism⁵.

Heart Diseases: In heart diseases caused by *Kapha* one should take *Phaladi* or *Mustadi* drugs or *Triphala* alone⁶.

Prameha: For *Ksarameha*, *Triphala* decoction is the remedy⁷.

Kustha: *Triphala*, *Vidanga* and *Pippali* should be taken with oil, ghee and honey⁸.

Vatarakta: One should take *Triphala* powder mixed with *Trikatu* and honey or *Guggulu* or *Shilajatu* with cow's urine⁹.

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 ano¹⁰.

Wounds: *Triphala Guggulu* is the best remedy for wounds¹¹.

Agad Chikitsa

Snake Poison:

Old Ghee mixed with *Triphala* powder should be taken¹².

Shalakya Chikitsa:

Eye Diseases:

1. *Triphala* is the best remedy for eye diseases¹³.
2. If one takes regularly old Ghee, *Triphala*, *satavari*, *Patola*, *Mudga*, *Amalaka*, and Barley there is no fear of *Timira* for him¹⁴.
3. One suffering from defects of vision should use regularly *Triphala* decoction with ghee or cakes etc. Prepared with *Triphala*, cooled and added with honey and sugar¹⁵.
4. To improve eye-sight, one should use *Triphala* with honey and Ghee at night¹⁶.

Rasyana Chikitsa:

*Triphala Rasayana*¹⁷.

DISCUSSION

One of the herbal drugs like *Triphala* has a lot of significance in our life as it cures many diseases. 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 causes 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 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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