



# Clinical Utility of Triphala in Different Rogas

**Dr Sudeep konkani**

Acharya desha bushan ayurvedic medical College and hospital.

**Dr Basavaraddi venkaraddiyavar**

C . B guttal ayurvedic medical College and hospital.

## ABSTRACT

In Ayurveda a prime importance is given to a poly herbal combination, Triphala as it is extensively being used in many formulations. As name suggests it is a combination of Phala (Fruits) of Haritaki, vibhitaki and Amalaki. In Ayurvedic Litratures we found various Synonyms as vara, phalatrikam, sresthatamam. It has been found a good pharamacological action as a pacifying Doshas, corrects digestive ailments, rasayana and Vrishya. Different acharyas mentioned the Matra of the individual drugs to be mixed in different proportion or in a same proportion. Ayurvedic Formulary of India (AFI) it is prepared by combining a 1:1:1 mixing of ground dry fruits. In this modern era extensive studies going on triphala which suggests that it has good anti-mutagenic, radio protecting and antioxidant activity which will help in curing the diseases.

Key words : Triphala, Phala, Maatra, Pharmacological action

## INTRODUCTION

Acharya Sushruta mentioned Triphala as specific Gana for the first time<sup>1</sup>. All the Acharyas described Triphala and their utility it is often said by traditional Vaidhyas that Triphala alone is sufficient to deal with 50% of cases in clinical practice. This small group composes of

1. Haritaki
2. Amalaki
3. Vibhitaki

These three are also known as Phalatraya or Vara. It is essential to note the ratio in which Triphala are to be mixed as quite clear.

| Author Name          | Proportion of the individual drug to be mixed |           |         |
|----------------------|---|-----------|---------|
|                      | Haritaki                                      | Vibhitaki | Amalaki |
| Sushruta             | 1   | 1         | 1       |
| Bhavamishra          | 1   | 1         | 1       |
| Chakradatta          | 1   | 2         | 4       |
| Yoga Ratnakara       | 1   | 2         | 4       |
| Madanaphala Nighantu | 3   | 6         | 12      |

The traditional approach is to accept equal volume or weight of the fruit pulp (Dried) i.e. 1:1:1:

**Properties:** Kapha Pitta hara, Kushtahara, Prameha hara, Deepana, Chakshushya, Jvarahara, Rsayana<sup>2</sup>.

**Indications:** Prameha Kushta, Agni Mandhya, Netra roga, Vishama Jvara, Shotha, Malabanda.<sup>3</sup>

#### Rasa Panchaka of Triphala<sup>4</sup>

| Proportion of three fruits to be mixed | Author Name |                |             |             |                      |
|--|-------------|----------------|-------------|-------------|----------------------|
|  | Sushruta    | Yoga Ratnakara | Chakradatta | Bhavamishra | Madanaphala Nighantu |
| Haritaki                               | 1           | 1              | 1           | 1           | 3                    |
| Vibhitaki                              | 1           | 2              | 2           | 1           | 6                    |
| Amalaki                                | 1           | 4              | 4           | 1           | 12                   |

**Properties:** Kapha Pitta hara, Kushtahara, Prameha hara, Deepana, Chakshushya, Jvarahara, Rsayana.

**Indications:** Prameha Kushta, Agni Mandhya, Netra roga, Vishama Jvara, Shotha, Malabanda.

**Rasa Panchaka of Triphala**

| <b>Dravya</b>      | <b>Triphala</b>                                       | <b>Haritaki</b>   | <b>Vibhitaki</b>  | <b>Amalaki</b>     |
|--------------------|---|---|---|--------------------|
| <b>Rasa</b>        | Kasaya  | Panchrasa(Kasaya)   | Katu  | Panchrasa(Amla)    |
| <b>Guna</b>        | Ruksha,Sara   | Laghu,Ruksha  | Laghu,Ruksha  | Laghu,Ruksha, Sita |
| <b>Virya</b>       | Anusna  | Ushna   | Ushna   | Sita               |
| <b>Vipaka</b>      | Madhura   | Madhura   | Madhura   | Madhura            |
| <b>Prabhav</b>     | Rasayana  | Rasayana  | Chedana   | Rasayana           |
| <b>Dosha-Karma</b> | Tridosha  | Vata  | Kapha   | Pitta              |
| <b>Karma</b>       | Caksusya,Dipana,<br>Varnaropana,Rucikara,<br>Medohara | Anulomana,Caksusya<br>Dipana,Hridaya,Medhya,<br>Sarvadosha-Prasamana, | Caksusya, Kesya,<br>Bhedaka.<br>Krminasana,<br>Kasahara | Vrisya, Caksusya   |

**Types of Triphala**

Nighantu has mentioned three types of Triphala-

**Madhura Triphala<sup>6</sup>**

Draksha, kharjura, kasmarya

**Indication**-timira, againvradaka,visham jwara hara

**Swalpa Triphal<sup>5</sup>**

Draksha, kharjura, parushaka;

**Sugandhi Triphala<sup>7</sup>**

Jatiphalam, ela, lavangam.

## Triphala in different varaga

| Sambhita and Nighantu | Varga   |
|-----------------------|---|
| Charaka Samhita       | Virechanopag Mahakasaya, Jwarhar Mahakasaya, Kasaya Skandha                                 |
| Sushruta Samhita      | Muskadi Gana, Parushkadi Gana, Mustadi Gana, Tripala Gana, Amalakyadi Gana, Kasaya Skandh   |
| Astanga Hridya        | Virecana Gana ,Parushkadi Gana,Muskakadi Gana,Mustadi Gana,                                 |
| Astanga Sangraha      | Virecanopayogi Dravyas,Jwarahara Mahakasaya, Parushkadi Gana, Muskakadi Gana, Mustadi Gana. |
| BhavPrakash Nighantu  | Haritkyadi Nighantu   |
| Madanpal Nighantu     | Abhyadi Varga   |
| Sodhala Nighantu      | Guduchyadi Gana   |
| Raj Nighantu          | Mishrakadi Varga, Audhabhida Gana   |

## How we can use triphal in different conditions

1. Triphala Kalka+ Kola+Lavana = Mutrakrichra
2. Triphala Kashaya – Dhavana in Netra Roga, Kavala in Mukha Roga, Pana in Kamala
3. Triphala Kashaya (3part Pathya + 6part Vibhitaki +12 Part Amalaki)
4. Triphala Kwatha + Nishotaka + Sarpi For Virechana in Visarpa and Jwara
5. Triphala Kwatha + Madhu+ Ghrita+ Yashti Sarva Timira Nashaka Given at night
6. Triphala Kwatha+ Guda in Vishama Jwara
7. Triphala Kashaya + Bhringarajarasa in Upadamsha as a Vrana Prakshalana
8. Triphala+ Ushira+ Patola+ Madhu Yashti Kashaya in Pitta Kaphaja Jwara
9. Triphala+ Ashwagandha+ Draksha+Madhuyukta in Vataja Prameha
10. Triphala Kwatha+ Triphala Churna+ Yava Kshara in Shotha
11. Triphala Kwatha + Guggulu in Kleda Paka Sravayukta Durgandha Shotha Maharujayuktha Vrana
- 12.Triphala Kwatha + Mahisha Sarpi in Shotha Prameha Nadivrana Bhagandara
13. Triphala+ Katuki+ Patola Jwara, Chardi, Amlapitta
14. Triphala Devadaru+ Daruharidra+ Kshoudra in Prameha
15. Triphala + Patha+ Mridvika in Mukha Paka
16. Triphala + Pancha Tiktaka Kwatha in Kamala and Pandu
17. Triphala+ Ashwagandha Paka+ Sharkara+ Madhu in Rakta pitta Daha Pittaja shula
18. Triphala+ Venu Patra+ **Methi** in Bahumutrata
19. Triphala Kwatha + Sarpi made and kept in Loha Patra taken at night for 1 month in Timira even a blind can also get vision.
20. Triphala Kwatha or Guduchi or Daruharidra or Nimba is given with **seeta** + Madhuyukta in Kamala.
21. Triphalkwatha + rasa sindura in **mutraghata**
- 22.Triphala +daruharidra +musta+abraka in prameha
- 23.Triphala+ Kadir+ Nimbha In Kushta
- 24.Triphala.+Guggulu+Pippali In Shita Pitta
25. Triphalakwatha +Kanchanara In Galagandha
26. Triphalachoorna+Mudaga In Galaganda
- 27.Triphala+Katuki+Madu In Urustambha
- 28.Triphala+Chavya+Katuki+Pippali+Madu In Urustambha
- 29.Triphala Choorna+Lohabhasama In Sarva Shola
- 30.Triphala Choorna+Haridra+Madu In Prameha
31. Triphala Choorna+Pippali+Madhu Or Sarpi in Jwara ,Kasa,Shwasa

32.( Triphala+Nagara)+Shilajitu In Murcha Roga

33.Triphala+Dugadha In Chaturataka Jwara

34.Triphala+Madhu+Sarpi In Netra Roga

35.Triphaladi Gutika +Takara In Arsha

+ Kanji In Gulama

+ Ushna Jala In Mutra Kurcha

+ Taila In Hrudroga

+ induka rasa In Jwara

+ Matuluga Rasa In Shoola

36.Triphala +Kanjika +Yava+Punranva Lepa In Vrushan Vrudhi

37.Triphala + kshuma basama Lepa In Again Dagada Vrana

38. Triphala kwatha + gomuthra +madu+kshara for lekhan

39.Triphal kwatha + guduchi+nimba+mutra for virechan in kaphaja vyadi

40.Triphala+3 part sarpi for virechan in tridoshaja vyadi and vayasthapan

41. triphala + ksheera in pittaja ashmari shool

42. Triphala + loha bhasma lepa in switra and sidhma kushta

43. Triphala +gritha sneha paka in abhishyanda

44.Triphala +kasisa + tuta pratisaran in krimija granti

45. triphala kwatha +kalka +gritha in srarva drushti roga hara

46.triphala +nilini patra +loha + bringaraj bavan in avi mutra in shwetha kesha

47. triphala + nagara choorna with takara in amavata

## Conclusion

In this study we trying to show the importance of utility of drug told in Ayurveda as bhahukalapam bhahugunanma yogyam parma avashadam with example of triphal and we also wanted to make think on the sidhanta of roga and chikitsa based on that how we can practice with easily available and with combination few drugs how best we can utilise in present day today practice. Triphala is the one of the best medicine available in Ayurveda by only this we can Handel most of the disease instead of searching different controversial and unavailable drugs it is best to use such drugs with the help of sidhanthas and yukti .

## REFERENCES

- 1.Sushruta samhita Dalhana comm nibabandhasangraha chowkhamba orientalia Varanasi edition 2020 su.su 38/56-57 page no
2. dravya guna vijnana vol 1 by Dr.J.L. sastry ,chaukhambha orientalia varanasi edition 2007 page no 278
3. dravya guna vijnana vol 1 by Dr.J.L. sastry ,chaukhambha orientalia varanasi edition 2007 page no 278
4. . dravya guna vijnana vol 2 by Dr.J.L. sastry ,chaukhambha orientalia varanasi edition 2010 page no 209-220
- 5.kaiyadeva, kaikadeva niganatu by Dr.priyavarata sharma chaukhambha orientalia varanasi edition 2010 page no 562
- 6.raja nigantu by narahari pandeeta by Dr.deepika Sankhyadhar chaukhambha orientalia varanasi edition 2012 page no 1058
7. kaiyadeva, kaikadeva niganatu by Dr.priyavarata sharma chaukhambha orientalia varanasi edition 2010 page no 561