

## AN AYURVEDIC MIRACLE: TRIPHALA

KHAIROON NISSA\*, MARYAM BI\*, NIDHI MISHRA\*

### ABSTRACT

Triphala is a mixture of equal proportion of three herbal fruits i.e. *Emblicofficinalis* (Common Name; Amla, family; Euphorbiaceae), *Terminaliachubula* (Common Name: Haritaki, Family: Combretaceae) and *Terminaliabellerica* (Common Name: Bahera, Family: Combretaceae). Triphala is an Ayurvedic medicine which is used from ancient time for the treatment of various ailments. It is used for fever, cough, diarrhea, tumor and help to detoxify the liver, restore digestion and purify blood. Clinical studies have also shown that triphala was effective in preventing dental caries. The aim of this article is to review the current literature on the therapeutic uses and efficacy of *Triphala*. Herbal remedies are among the most ancient medicines used in traditional systems of healthcare such as Ayurveda. Scientific studies carried out from the past two decades have shown that triphala is an important ayurvedic medicine.

**KEYWORDS:** Triphala (*Emblicofficinalis*, *Terminaliachubula*, *Terminaliabellerica*), Ethnomedicinal.

### INTRODUCTION:

Triphala is a Sanskrit word which means combination of equal amount of three fruits, *Emblicofficinalis* (common name: Amla, Family: Euphorbiaceae), *Terminaliachebula* (common name: Haritaki, family: Combretaceae) and *Terminaliabellerica* (common name: Bahera, Family: Combretaceae). It is an ayurvedic medicinal plant.

Herbal Remedies Represent some of the most ancient medicines in healthcare and are historically considered among the most powerful means of maintaining human health and homeostasis. Ayurveda, a Sanskrit word meaning the knowledge of life or the science of

perfect health, is the traditional system of personalized medicine from India, which emphasizes disease prevention and health promotion. *Triphala* (Sanskrit; tri = three and phala = fruits) is a well-recognized and revered polyherbal medicine consisting of dried fruits of the three plant species *Emblicofficinalis* (Family Euphorbiaceae), *Terminaliabellerica* (Family Combretaceae), and *Terminaliachebula* (Family Combretaceae) that are native to the Indian subcontinent. It is classified as a *tridoshicrasayana* in Ayurvedic medicine as it promotes longevity and rejuvenation in patients of all constitutions and ages.

---

\*Department of Botany, Extol Institute of Management, Bhopal.

**Correspondence E-mail Id:** editor@eurekajournals.com

The formula consists of the fruits *Amalaki* or the Indian Gooseberry, *Bibhitaki*, and *Haritaki* of the three plants generally in equal proportions and has been used in traditional medicine in India for over 1000 years according to the writings of the great physician Charak in a foundational text of Ayurveda called the *CharakaSamhita* as well as in another key text called the *SushrutaSamhita*. According to Charak, taking the *TriphalaRasayana* (*Triphala* with honey and ghee) daily has the potential to make a person live for one hundred years devoid of old age and diseases.<sup>1</sup> The physician Sushrut indicated that the formula is useful for treating ulcers and wounds.<sup>2</sup>

As both Ayurveda and Western medicine agree that health and disease begin in the gut,<sup>1,3</sup> *Triphala* represents an essential foundational formula as it promotes efficient digestion, absorption, elimination, and rejuvenation. Numerous references in well-respected Ayurvedic medical texts make clear that *Triphala* is revered as a multiuse therapeutic and perhaps even panacea historically.<sup>1,2</sup>

## ETHNOMEDICINE

Ethnomedicine is the study of the traditional medicine means "the sum of total knowledge, skill, beliefs and experiences indigenous to different culture, whether applicable or not used in the maintenance of health as well as in the prevention, diagnosis, treatment of physical and mental illness."

Scientific ethnomedical studies constitute either anthropological research or drug discovery research.

## TRIPHALA

Triphala is a combination of three fruits i.e Amla, Bahera and Harikati. This preparation is known to be a safe hypoglycemic agent. Triphala prevents aging, imparts immunity and improves mental faculties. It help to detoxify

the liver, restore digestion and purify bloods. Triphala is widely used in a large number of medicinal preparations. A key condition in Ayurveda to maintain optimum health without any other side effect.

## MATERIAL AND METHOD

### STUDY AREA

We went to the Vindhya Sanjeevani Ayurveda, Bhopal and brought Triphala Churna. Triphala Churna is the powder of dry fruit of these herbs (Amla, Bahera and Haritaki) without their seed part.

### SOURCE OF INFORMATION

#### DIRECT APPROACH

This approach follows the extensive and intensive field work in tribal areas. Field work is most significant in this approach which is carried out by direct contacts with tribals and first hand information would be collected from all the study sites.

#### INDIRECT APPROACH

In this approach information can be obtained in different ways i.e through ancient literature, herbarium and museum specimens, personal diaries of fore steers, indigenous doctors, plant collectors, analysis of different folklores, archaeological remains etc in present work both direct and indirect approaches would be considered.

**\*Preparation of Herbarium:** All the selected plants were collected from the study site and their herbarium sheets were prepared.

#### 1. Family: Euphorbiaceae

**Botanical Name:** *Embllicaofficinalis*

**Hindi Name:** Amla

**English Name:** Indian gooseberry.

**Habit:** A medium sized tree.

**2. Family:** Combretaceae.

**Botanical Name:** *Terminaliachebula*.

**Hindi Name:** Harad.

**English Name:** ChebulicMyrobalan.

**Habit:** A moderate sized/ large deciduous tree.

**3. Family:** Combretaceae.

**Botanical Name:** *Terminaliabellerica*.

**Hindi Name:** Bahera.

**English Name:** BellericMyrobalan.

**Habit:** A large deciduous tree.

**DESCRIPTION**

**Parts used:** Leaves, fruits and Roots.

**ETHNOMEDICINAL USES OF TRIPHALA:**

- It has been shown to be powerful antioxidant protecting cells from the damaging effect of free radicals, because it contain higher concentration of vitamin c.
- Triphala has even found a place in the treatment of diabetes mellitus this is because of its hypoglycemic effect which make the intake of insulin by the cells easier.
- It has antimicrobial and anti-inflammatory properties that make it effective in speeding up in healing of wounds.
- It helps to relieves bone and joint pain by provide nutrients that have strengthen bones flush out excess uric acid which can lead to inflammation.
- It is beneficial for the heart as it reduce cholesterol formation and there by restricts heart attacks. A recent scientific study has

demonstrated that it is anti-cancer properties help in reducing tumor.

- It maintain the digestive system due to highly effective in reducing obesity.
- It is an internal cleanser removing harmful toxins and excess fat out of the body.
- It induces iron that aids blood circulation and maintain proper functioning of the heart.
- It fights against fever, headache, cough and asthma.
- It reduce inflammation by regular consumption of triphala help reduce internal and external inflammation which one might have due to poor immunity or lack of nutrient in the body.
- Triphala extract ointment was assessed for in-vivo wound healing on infected rat model by rate of healing, bacterial count, biochemical analysis, and expression of matrix metalloproteinases. Topical application of Triphala ointment on infected wound not only reduces the risk of infection but also improved the healing.
- The combinations of three fruits together are a powerful pack of health and work wonders for all kinds of health issues and problems (6).

**RESULT & CONCLUSION**

*Triphala is an effective polyherbal recipe with heap adequate restorative uses for keeping up homeostasis and also the avoidance and treatment of disease. Numerous logical examinations have detailed proof based approval of different conventional employments of Triphala. It gives remedial incentive to different pathologies. Extra government subsidizing designations and support are required for further and progressing concentrates to approve its helpful uses in human clinical trials and to characterize the organic components significant to this plant-based medication.*

More across the board instruction of the overall population and restorative suppliers on clinical Ayurvedic solution and integral treatments, for example, Triphala is justified to expand consciousness of these medicines for both clinical and healthy populations.

## REFERENCES

- [1]. Agniveśa , Cakrapanidatta , Śarma RM, Dash B. Agniveśa's Carakasamhita: Text with English Translation & Critical Exposition Based on Cakrapani Datta's Ayurveda dipika, 1st ed. Varanasi, India: Chowkhamba Sanskrit Series Office, 1976
- [2]. Bhisagratna K. An English Translation of the *SushrutaSamhita*, Based on Original Sanskrit Text, with a Full and Comprehensive Introd., Additional Texts, Different Readings, Notes, Comparative Views, Index, Glossary And Plates, 2nd ed. Varanasi, India: Chowkhamba Sanskrit Series Office, 1963
- [3]. Lloyd GER, editor; (ed). Hippocratic Writings, new ed. Chadwick J, translator; Mann WN, translator. (Translators). London, England: Penguin, 1978
- [4]. Baliga MS, et al. Scientific validation of the ethnomedicinal properties of the Ayurvedic drug Triphala: A review. Chin J Integr Med 2012; 18: 946–954.
- [5]. Pulok K, Mukherjee SR, Bhattacharyya S, et al. Clinical study of 'Triphala'-A well knownphytomedicine from India. Iran J Pharmacol Ther 2005; 5:51–54.
- [6]. Biradar YS, et al. Evaluation of anti-diarrhoeal property and acute toxicity of TriphalaMashi, an Ayurvedic formulation. J Herb Pharmacother 2007; 7: 203–212.
- [7]. Prakash S, Shelke AU. Role of Triphala in dentistry. J Indian Soc Periodontol 2014; 18: 132–135.