



The Conceptual Study of Dravya 'Triphala' In Panchakarma

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ABSTRACT

Ayurveda is a science of life which deals with a study of many herbal plants as well as many procedures. The useful part of these dravyas is used in different forms like Churna, Bharada, Kashaya, Lepa etc. Many diseases are cured by prescribing these appropriate dravyas as well as with the help of Shodhana Karma. Shodhana Karma includes all practical procedures which are named as Panchakarma. Triphala is one of the most commonly used formulations in Panchakarma procedures as well as in oral medications. The fruit of three together is said as Triphala and Vara, Phalatrika are the synonyms of Triphala. It is widely used in day to day practice in many conditions such as Rasayana, Vrishya and stimulated Agni of the body and also helps in the digest the fat of the body etc.. It can be administered in different forms such as kwatha, ghruta, taila, churna, seka. According to many researches, it helps for maintaining the homeostasis of endocrine system, increases production of RBCs and hemoglobin, relaxes the bile content and also promote the process of digestion and absorption of food. In the present study an attempt is done to collect the literature of Triphala from different Ayurvedic classical text books.

KEYWORDS – Triphala, Ayurveda, Panchakarma, Agni, Rasayan, Shodhana karma

INTRODUCTION

Triphala is one of the drugs which are mostly used in the Panchakarma procedures due to their pharmacological activities. This triphala is consist of three drugs that is *Terminalia chebula* (Haritaki), *Terminalia bellerica* (Bobhitaki), and *Embelica officinalis* (Amalaki) and fruits of these dravyas are used in the treatment base hence said as Triphala. In general the formulations consist of equal proportions of these three drugs which are said as triphala. Triphala, is a combinations of all three, is therefore balanced, making it useful as an internal cleansing as a detoxifying formula. The triphala are most common drugs, used in the Panchakarma procedures such as Kala Basti, Abhyanga, Udvardana, Netra-tarpana, Seka in day to day practice. The different properties of these dravyas are mentioned below.

AIM

Conceptual study of various forms of Triphala in different vyadhis in Panchakarma according to many Acharyas.

OBJECTIVES

1. To study the various use of Triphala mentioned in classical texts.
2. To various karmas performed in Panchakarma according to classical texts.

MATERIALS AND METHODS

Review of classical Ayurvedic texts.

Study type- Conceptual

MATERIALS

It is the data collected from different Ayurvedic classical text and presented as-

Table 1-Rasapanchak of ingredients of Triphala that is Haritaki, Bibhitaki and Amalaki separately. ⁽¹⁾

Ingredients	Rasa	Virya	Vipak	Rogagnata	Guna
Haritaki (<i>Terminalia chebula</i> Linn.)	Pancharasa (Kashaya rasapradhan, Lavan rasarahit)	Ushna	Madhura	Tridosahara Kapha-Pitta shamak	Laghu Ruksha
Bibhitaki (<i>Terminalia bellerica</i> Roxb.)	Kashaya	Ushna	Madhura	Tridoshanghna Kaphahara	Laghu Ruksha
Amalaki (<i>Embellica officinalis</i>)	Pancharasa (Amla rasa pradhan, Lavanrasa varjya)	Sheeta	Madhura	Tridosahara Pittashamak	Laghu Ruksha Sheeta

Table 2-- The Karma of Triphala separately as well as combine ⁽²⁾

Dravya	Karma	Prabhav
Haritaki	Anulomaka, Chakshushya, Deepana, Hridya, Medhya	Rasayana
Bibhitaki	Chakshushya ,Bhedya ,Kasahara ,Keshya Krimighna	Chedana
Amalaki	Vrushya, Chakshushya	Rasayana
Triphala	Chakshushya ,Deepana, Vranaropaka Vruchikara, Medohara	Rasayana

Table 3-- References of use of Triphala for different Panchakarma Procedures-

Name of Kalpa	Ghatak Dravya	Use in Panchakarma Procedure	References
Triphala Taila	i. Triphala, Vasa, Nimba, Vacha, Haridra, Daruharidra, Guduchi, Suntha, Surasadi Gana. ii. Triphala, Chandana, Kirat, Nimba.	Pana ,Snehana ,Gandusha Shiroabhyanga ,Nasya	Chakra. Sthaulya rogadohikara ⁽³⁾ Bhai. Ra. Kshudra-rogadohikara 60/129 ⁽⁴⁾ Va.Se. Medo-rogadohikara 39/44-46 ⁽⁵⁾ Sha. Sam. Kha 2/ 9 ⁽⁶⁾ Van. Se. Apasmar Roga ⁽⁷⁾
Triphala Ghruta	Haritaki, Bibhitaki, Amalaki	Netra tarpana	Ash. Hri. Utt. 13/10-11 ⁽⁸⁾

Triphala Churna	Haritaki Bibhitaki Amalaki	Used as a Netraprasadak Ruksha Udvartana Also used for Kostha Shuddhi before Rasayan Karma	Ash.Hri. Utt. 13/14-15 ⁽⁹⁾ Cha.Chi. 1/1 ⁽¹⁰⁾
Mahatriphala Ghruta	Triphala, Vasa, Guduchi, Bhrungaraja	Netratarpana	Ash. Hri. Utta.13/12-13 ⁽¹¹⁾
Triphala Kwatha	Haritaki, Bibhitaki, Amalaki	Mrudu Virechak, Sadya Virechak, Sneha Virechaka, Bashpa Sweda, Yonidhavana, Vranaprakshalan, Niruha Basti, Netra Prakshalana.	Bhai. Ra. Shotha rogadhikara-44 ⁽¹²⁾ Ash. Hri. Su. 16/44 ⁽¹³⁾ Su. Sam.Chi. 1/87 ⁽¹⁴⁾
Triphaladi Seka	Triphala, Lodhra, Madhuka, Yasthi, Musta, Sita	Used Seka in Raktabhishyanda Vyadhi	Yo.Ra. ⁽¹⁵⁾

Table 4 —Triphaladi Preparations for Panchakarma Procedures

Name of Kalpa	Ingredients	Karma
Baladi Niruha	Bala, Guduchi, Triphala, Rasna, Dashsamula...	Niruha Basti (Cha. Si. 3/13-15) ⁽¹⁶⁾
Lekhana Niruha	Triphala kwath Gomutra, Madhu ,Kshara ,Ushakadi Avapa	Niruha basti (Su.Ci. 38/82) ⁽¹⁷⁾
Vichitra Vidyadhara Yoga	Triphala kwath, Kutaja beeja, Tankaana, Lavana.	Samsrana (Yogaratanakar) ⁽¹⁸⁾
Avipattikara Churna	Triphala, Pippali, Mishri, Vidanga, Suntha...	Mrudu virechana (Ash.Hri.Kalpa 2/21-23) ⁽¹⁹⁾
Sneha Vyapad Chikitsa	Triphala Sevana	Rukshana and Praskandana (Cha. Su. 13/78) ⁽²⁰⁾

Table 5—Triphala as a Rasyana (Rejuvenation) Karma⁽²¹⁾

Name of Kalpa	Ingredients	Uses or Rogagnata, Duration Anupana
1. Pratham Triphala Rasayana	1 Haritaki churna- After complete digestion of night meal 2 Bibhitaki churna before consuming meal 4 Amalaki Churna	Anupana- Madhu (honey) and ghruta (Ghee) <i>Jivet Varsheshatam</i>

2. Dwitiya Triphala Rasayana	Apply the Kalka of Triphala over the iron vessel and placed over night. Then that lepa should be consumed along with Madhu and Ghee. After complete digestion of this aushadha, one should consume ghee along with sathi rice.	Consumed upto 1 years Helpful for avoiding Vruddha Awastha ang Rogaj Awastha of person.
3. Tertiya Triphala Rasayana	Triphala Churna along with Madhuka, Tugakshiri, Pippali, Madhu, Sita.	Helpful for avoiding Vruddha Awastha ang Rogaj Awastha of person
4. Chaturtha Triphala Rasayana	Sarva Loha bhasma, Suvarna bhasma, Vacha, Madhu, Sarpi, Saindhav, Triphala Churna	Consumes upto 1 year. Medhavadhak, Smrutivardhak, Balavardhak, Roganashak.

Discussion and Conclusions

1. Combination of Haritaki, Bibhitaki, Amalaki i.e. triphala can be used in routine practice of Panchakarma.
2. Different forms of Triphala can be used for Panchakarma procedures.e.g.
 - a. Triphala taila is used for Anuvasana, Matra basti probably it may be krumighna.
 - b. Triphala bharad can be for Lekhana basti, Shodhana basti probably it may be ushna, tikshna, kaphagna in nature.
 - c. Triphala Ghruta can be used for Akshi-tarpana as it may be chakshushya in prabhav.
 - d. Triphala Sukshma Churna can be used for Udvartana as it is Lekhana, Kaphaghna, Daurgandhahar. Thus Triphala is used in different forms, for different Panchakarma procedures.
3. Not only for Panchakarma procedures but also Triphala can be used for certain Panchakarma Vyapad. e.g.
 - a. Use of Triphala in Snehapana Vyapad. It may be probably due to Rukshana in nature.
 - b. Use of Triphala in Basti Ayoga (when basti is not retaining within prescribed time). It may be probably due to its tikshna, ushna gunas.
4. Triphala when formulated with other indicated drugs. (Like Agni samskar), it enhances the properties. These prepared formulations can be used for different properties. e.g.
 - a. Mahatriphaladi ghruta- it was prepared by mixing Triphala with Maka, Ajadugdha and other drugs by classical Snehapaka vidhi. It enhances its chakshushya property and can be used for Akshitarpana.
5. When is used with different selected drugs, single formulation can be for different Panchakarma procedure.e.g.
 - a. Triphala Taila when prepared and triphala, Vasa, Nimba, Haridra, Suntha, etc.—can be used for Abhyantar Tailapan, Abhyanga in Medoroga. (Bhai.Ratnawali)
 - b. Triphala taila when prepared with Triphala, Nimb, Chanadan, Kirat etc. can be used for Shiroabhyanga, Gandusha.
 - c. Triphala taila when prepared with Triphala, Trikatu etc. can be used for Nasya in Apasmar.
6. Triphala is used as a Rasayana karma which specially indicated after Shodhana Karma in day to day practice.

CONCLUSION :

Triphala is used for different Panchakarma procedures, Vyapada as well as Rasyana Karma in different forms.

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