

## EFFICACY OF TRIPHALA FORMULATIONS IN VARIOUS DISEASES

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### ABSTRACT

*Triphala* is one of the oldest and most commonly used Polyherbalpreparations in the Indian system. The formulation of *Triphala* is a mixture of fruits of three plants: *Haritaki* (*Terminalia chebula* Retz.), *Bibhitaki* (*Terminalia Bellirica*Gaerth.), *Amalaki*(*Phyllanthus Emblica* Linn.).This three fruits of *Triphala* correspond to the three *Dosha*'s in body due to its *Guna-karma*.*Triphala* is rich in Mg, K, Ca, Fe, Se, Zn and presence of Gallic acid and polyphenols enhance their bioavailability. This herbal combination can have profound healing benefits in multi-organ system and exhibits a number of health benefits like an anti-cancer activity, antibacterial activity, anti-inflammatory, antioxidant activity, useful in treatment of Arthritis, stress, cataract etc. Here this review article aims to give an overview on the recent scientific information of *Triphala*, an Ayurvedic traditional herbal formulation with potential for the prevention and treatment of different diseases.

Key-words: *Triphala*, *Haritaki*(*Terminalia chebula* Retz.), *Bibhitaki* (*Terminalia bellirica* Gaerth), *Amalaki* (*Phyllanthus Emblica* Linn.)Traditional formulation, Efficacy of *Triphala*.

### INTRODUCTION:

*Triphala* is most popular *Ayurvedic* herbal formulation of India. The word "Tri" means three and "phala" means fruits. The word '*Triphala*' is translated as three fruits namely *Haritaki* (*Terminalia chebula* Retz.), *Bibhitaki* (*Terminalia Bellirica*-Gaerth.), *Amalaki*(*Phyllanthus Emblica* Linn.).

*Haritaki* is mainly *kashaya* (astringent) in taste and all tastes except salty. It targets imbalances and diseases of the *Vata Dosha*. It possesses laxative, lubricant, anti-parasitical, alterative, antispasmodic. It is therefore used to treat acute and chronic constipation, nervousness, anxiety and feelings of physical heaviness. *Bibhitaki* is *kashaya* (astringent) in taste, *Madhur* (sweet) in *vipak* (post-digestive effect), *Ushna* (hot) in *Veerya* (potency). It

targets imbalances and diseases of *Kapha* (mucus). It is contain Linoleic oil which is an essential fatty acid important for increasing HDL. Cholesterol, associated with a healthy state and reducing LDL cholesterol, considered to indicate a higher than average risk for developing coronary Heart disease. *Amalaki* has *Amla* (sour) flavour, *Madhur* in *vipak*, *sheeta* in *veerya*. It targets imbalances and diseases of the *pitta Dosha*. It is cooling tonic, astringent, mildly laxative, alterative, antipyretic, antiviral, antibacterial. It is the highest natural known source of Vitamin C, having 20 times the Vitamin C content of an orange. This three fruits have been scientifically studied and confirm some of its known traditional benefits.*Triphala* formulation is *kashayarasatmaka* (astringent), *Anush-*

na Veerya (potency), Madhur Vipak, and Ruksha (dry), sara in guna. According to Ayurveda human body is composed of three Doshas (Vata, Pitta, Kapha) and Triphala is useful in balancing and cure the diseases of Tridosha.

In Ancient period, Nighantu has mentioned three types of Triphala as follows- 1) Swalpa Triphala is containing Draksha, Kharjura, Parushaka<sup>[1]</sup>. 2) Madhur triphala is compose of Draksha, Kharjura, Kashmarya. It is beneficial to vision, appetizer, promotes desire for food and useful in alleviating irregular fever<sup>[2]</sup>. 3) Sugandhi Triphalais containing Jati-phalam, Ela, Lavang. It is astringent, sweet in vipaka and useful in breaking constipation due to Kapha and VataDosh.<sup>[2]</sup> Several methods are given to prepare Triphala, some use equal proportions (1:1:1) and some authors prepare Triphala by mixing one parts of one Haritaki, two parts of Bibhitaki and four parts of Amalaki (1:2:4). Triphala has been reported to be a rich source of vitamin C, ellagic acid, gallic acid, chebulic acid, bellericanin, ascorbic acid, flavonoids, lipids, sitosterol, saponins, various carbohydrates<sup>[3]</sup>. Triphala is a drug which is widely used in many diseases due to its various pharmacological activities. Triphala is one of the most common formulation used in Traditional Ayurvedic medicine.

#### **EFFICACY OF TRIPHALA HERBAL FORMULATION:**

According to Charaka Samhita daily consumption of the Rasayana drug Triphala for a period of one year makes a person survive for hundred years without any illness. For people who have trouble with bowel movements, Triphala can be taken daily, without any fear dependence. It doesn't have some of the same negative side effects that are found with other purgatives. It is used to treat constipation in

any of three Doshas<sup>[4]</sup>. It works well as colon cleanser and is a Rasayana for colon. It regulates function of colon<sup>[4]</sup>. Triphala works by stimulating the mucosa of the gastro-intestinal tract, improving and balancing digestion<sup>[5]</sup>. In the study of evaluation the efficacy of alcoholic and water extract of Triphala and TriphalaMashi against castor-oil induces diarrhea in rat, increase in time for defecation, the weight of all the fecal material and the time for transmit through the intestine was observed<sup>[6]</sup>. Triphala is an effective blood purifier that stimulates bile secretion as it detoxifies the liver, helps digestion and assimilation and significantly reduces serum cholesterol and lipid levels throughout the body.

Triphala is also widely taken for all eye diseases including the treatment of conjunctivitis, progressive Myopia, the early stages of glaucoma and cataracts. Triphalaghrita at a dose of 1080 mg gives protection against delaying the onset and progression of cataract. The antecataract effect may be attributed to antioxidant activity of Gallic acid, ellagic acid and ascorbic acid<sup>[7]</sup>.

Dental caries in young children has a multifactorial etiology; therefore preventive measures usually involves a combination of dietary counseling, oral hygiene and fluoride application. Streptococcus mutant is the chief pathogen mainly responsible for caries. Chlorhexidine is very known commercially available drug useful in dental caries but the need for frequent application of Chlorhexidine and other side effects such as unpleasant taste and staining, has stimulated the search for alternatives that are more appropriate for young childrens. In the research study Triphala mouthwash and Chlorhexidine showed on gingival health and inhibitory effect on microbial counts, except lactoba-

cillus where *Triphala* has shown better results than Chlorhexidine<sup>[8]</sup>.

Diabetes mellitus is an important human ailment afflicting many from various walls of life in different countries. Increased *Kapha Dosha* and adipose tissue *Medodhatu* are the important factors in it. *Triphala* powder along with honey should more beneficial result than *Triphala* powder along with lukewarm water in the Diabetic patients. In this research study one group of 30 patients treated with *Triphala* with honey and second group of 30 patients treated with *Triphala* with lukewarm water as *Anupana* by 5gm dose of *Triphala* for 90 days<sup>[9]</sup>.

Obesity is recognized as an important metabolic disorder and major public health issue which affects a large number of people around the world. According to the World Health Organization (WHO), obesity is rated among 10 most preventable diseases of clinical and public health. *Triphala* have been reported to contain Gallic acid. Gallic acid is widely occurring phenolic compound of plant origin and it act against obesity property. Gallic acid is found more in *Amalaki*. For efficacy of *Triphala* a total 62 patients were randomly assigned in two groups placebo (n=31) and *Triphala* (n=31) and treated up to 3 months consumption of commonly used dose of *Triphala* (10gm/day) in healthy adult. This study reported that *Triphala* brought a significantly greater weight loss than placebo in individuals. This was accompanied by a significant improvement in the waist and hip circumferences<sup>[10]</sup>.

Episiotomy is most common operative in obstetrics and wound care is essential in it as these wounds are difficult to heal. According to Ayurveda Episiotomy wound is *Agantujadyovrana* due to vitiation *Rakta* and *pittaDoshas* increased local temperature and inflammation so that they

should only be *prakshalayet* (cleaned out). *Yonidhavan* will clean the wound in vagina as it is always in contact with unwanted metabolic products (*kleda*). According to *Acharya Vagbhata Agantujvrana* should be treated with drugs having astringent and wound healing property. Astringents have cleaning property and they also hampers oozing of wound by shrunken (*stambhana*) action. *Triphala* is good astringent and it does not have side effects such as itching, allergy, blisters like that of modern antibiotics. According to Ayurveda *Triphala iskrimighna* (homicidal), *vranaropak* (wound healing) properties. It is from *MustadiGana* of *Sushruta* which has property of curing diseases related to vagina, cervical canal, uterus. The study conducted for efficacy of *Triphala* in episiotomy wound trial group (30 patients) were treated with *Triphalakwath yoni dhawan* and *Triphala siddha Ghrithpratisarana* and control group (30 patients) treated with perineal wash with Dettol and Betadine ointment locally for 7 days. *Triphala kwathyonidhawan* and *Triphalaghritpratisarana* was effecting in controlling pain at stiches and tenderness, edema, discharge compared to control group. Overall the medicine of trial group was found statistically highly significant as compared to control group<sup>[11]</sup>.

The efficacy of *Triphala* on monosodium Urate crystals induced inflammation in the study conducted on mice for gouty arthritis was compared with anti-inflammatory drug Indomethacin. This study was came to conclusion that clear anti-inflammatory effect was exhibited by the mice orally administered *Triphala* against gouty arthritis<sup>[12]</sup>.

*Triphala* possess cytotoxic effect on cell lines of human breast cancer cells and euthymic lymphoma transplanted from a mouse. Gallic acid is the major compo-

nents and suppression of growth of cancer cells may be due to Gallic acid. The study found that viability of cell lines decreased when the concentrations of *Triphala* was increased. Further it was discovered that normal breast cells, along with other normal cells weren't significantly affected [13]. Having a variety of indications, several herbal formulas including *Triphala* have been routinely used as health tonic in Ayurvedic medicines.

#### RESULT AND OBSERVATIONS:

Studies indicate that *Triphala* has astringent taste and *Tridoshaghna* property which is very useful to balance the *Dosha* in body and cures the diseases. Each of the three herbal fruits of *Triphala* takes care of the body by gently promoting internal cleansing of all conditions of stagnation. This herbal combination can have profound healing benefits in multi-organ system and exhibits a number of health benefits.

#### DISCUSSION AND CONCLUSION:

The results of research articles are very encouraging and indicate that *Triphala* having great nutritional properties according to its *Guna* and *Karma*. It uniquely cleanses and detoxifies at the deepest organic levels without depleting the body's reserves. This makes it one of the most valuable herbal preparations in the world.

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