REVIEW ARTICLE

Efficacy of Triphala Rasayana – A Review

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ABSTRACT

Introduction: Even after increasing urbanization, Ayurveda remains the classical and comprehensive part of ancient medicine system for well-being promotive diseases, preventive, and revival approach for human body. Conventionally, rasayana-based formulation is utilized in different types of diseases as well as to restore the health of an individual. Triphala Rasayana as mentioned in Ayurvedic classics comprised of Amalaki, Vibhitaki, and Haritaki with variable proportions. It is classified as “Tridoshika Rasayana” and is one of the most well-studied Ayurvedic drugs which show its various pharmacological activities. Reason behind being called as Rasayana is that it acts as the rejuvenator and immunomodulator, which provides numerous health benefits to any individual.

Materials and Methods: Various references regarding the triphala, rasayana, and triphala rasayana have been gone through verse by verse, especially in Chikitsasthana of Charak Samhita and Dravya Gun Guna along with other significant material from relevant resources to get the detailed information regarding them.

Results: Various medicinal attributes of Triphala rasayana include antioxidant, anti-cancerous, antidiabetic, antimicrobial, and immunomodulator. Many clinical studies found Triphala Rasayana to be effective against diabetes, constipation, and obesity also. Because of the in numerous health benefits of Triphala rasayana, Acarya Caraka has mentioned that if any individual practices this recipe continuously for 1 year, he/she would be able to cherish a long life of 100 years, free from ageing and diseases.

Conclusion: Triphala Rasayana is recognized as one of the most well-studied Ayurvedic Rasayanas. It has been utilized in various traditional medicine systems. Conventionally, rasayana-based drugs are utilized in different kinds of diseases. Many clinical studies found Triphala Rasayana to be effective against diabetes, constipation, and obesity also. Hence, it can be inferred that Triphala Rasayana is a pack of wonders with numerous health benefits which helps in the restoration of all the age groups.

1. INTRODUCTION

Fruits of Haritaki, Vibhitaki, and Amalaki are collectively (in variable proportions) known as Triphala and are also called Phalatrika and Vara. Triphala Rasayana is made up of two words, “Triphala,” that is, (Sanskrit; tri=three and phala=fruits) is a well-recognized polyherbal medicine consisting of dried fruits of the three plant species Emblica officinalis (Family Euphorbiaceae), Terminalia bellerica (Family Combretaceae), and Terminalia chebula (Family Combretaceae) and “Rasayana” it is a broad term which means those drugs and diets which causes rejuvenation of cells in human body, thereby enhancing the quality of life.[1] This combination has synergistic properties. Triphala is an effective medicine for all three dosha specially kapha and pitta. It is known to cure diabetes, leprosy (all kinds of skin disorders) is beneficial for eyes, increases digestive fire and cure vishama jwara.[2] It is used as a general health promoter, for cosmetics purpose to improve skin and hair quality, and for diabetic wound management. It is considered as good as rasayana, which facilitates nourishment to all dhatu. Triphala is the drug of choice for the treatment of several diseases, especially those of metabolism, dental and skin conditions, and for wound treatment.[3] It has a very good effect on the health of the eyes and is thought to delay degenerative changes. Variable proportions of three fruits have been mentioned by different acharyas, 1:2:4 by some...
1.2. Aim and Objectives

The aim of the study was to understand and develop a better understanding regarding the efficacy of *Triphala rasayana* at individual as well as combined level to make its concept well understood. In Ayurvedic classics, there is a wide description of *triphala* as well as *rasayana* as individual topics in the variety of diseases. *Ayurveda* aims at alleviation of disease as well as maintaining the health of a healthy person. *Rasayana* plays in important role in the fulfillment of these two aims.

*Triphala* is a drug widely used in many disorders due to its various pharmacological activities. The formulation generally consists of equal proportions of pericarps of these three myrobalans. *Triphala* has been described in the ancient *Ayurvedic* text as a *Tridoshic Rasavana*, a therapeutic agent with balancing and rejuvenating effects on the three humors or constitutional elements in *Ayurvedic* medicine.

Haritaki and Vibhitaki have hot potency, while *Amalaki* has cold potency. *Triphala*, being a combination of all three, is therefore balanced, making it useful as an internal cleansing, detoxifying formula. It is regarded as an important *Rasayana* and good purgative in *Ayurvedic* medicine.

2. MATERIALS AND METHODS

To establish the efficacy of *Triphala Rasayana*, classical texts exploring the *Triphala* as well as *Rasayana* individually have been explored by going through verse by verse. The key ingredients of all four varieties of *Triphala Rasayana* have been studied in detail along with their properties and complimentary nature as that of the other ingredients.

The following are the four rejuvenating formulations of *Triphala Rasayana* mentioned in our classical texts.

2.1. *Triphala Rasayana*

Jaraṇānte’bhayāmekāṁ prāghvikṣu dve bibhītāke bhuktvā tu madhusaṃprībhīyam catvāryamalakāṁ ca.

Prayojayan samāmekāṁ triphalāya rasayanam jivedvarṣaśatam purnajayo’vyadhireva ca. (Ch. Chi-1(3)/41-42)

Along with honey and ghee, a person should take the following after the previous meal is digested (i.e., early morning) one *Abhaya* (*Haritaki*), two *Vibhitaki* fruits before food, and four *amalaki* fruits after food. A person lives for 100 years free from old age and diseases when administered with *Triphala Rasayana*.

It is a well-recognized polyherbal medicine consisting of dried fruits of the three plants that are classified as a *tridoshic rasayana* in *Ayurvedic* medicine as it promotes longevity and rejuvenation in patients of all constitutions and ages. Modern experiments have proved that *triphala* is antibacterial and anti-inflammatory as well as analgesic. It can be used successfully in rheumatism, diabetes, digestive disorders, anemia, leucorrhea, and glandular diseases. Its usefulness has also been proved in liver diseases and in preventing side effects of modern medicines also. Potential uses of *Triphala*, include free radical scavenging, antioxidant, anti-inflammatory, immunomodulating, appetite stimulation, gastric hyperacidity reduction, dental caries prevention, antipyretic, analgesic, antibacterial, antimutagenic, wound healing, anticarciogenic, anti-stress, adaptogenic, hypoglycemic, anticancer, hepatoprotective, chemoprotective, radioprotective, and

1.1. General Properties of *Triphala*[^2^]

- *Rasa* – Kashaya
- *Guna* – Ruksha, Sara
- *Virya* – Anushna
- *Vipaka* – Madhura
- *Prabhava* – Rasayana
- *Dosh-Karma* – Tridoshagni
- *Karma* – Cakshushya, dipana, vranaropana, ruchikaraka, and medohara.

The detail description of *Triphala* are given in Table number 1 below.
chemopreventive effects. Triphala may also promote proper digestion and absorption of food, reduce serum cholesterol levels, improve circulation, relax bile ducts, prevent immunosuppression, maintain homeostasis of the endocrine system, and increase production of red blood cells and hemoglobin.[2]

2.2. Triphala Rasayana Dwitiya

Triphaleniyasim pātrīṁ kalkenalepavennavānām tamahoratrikan lepam pibet ksāraudrodakālputam.

Prabhūtsnaheṣmahāsaṁ jirne tatra prāśayatel ajarō ruč samābhīṣājīveccaiva samāḥ śatam. (Ch. Chi-1(3)/42-43).

A new iron vessel should be pashed with the Triphala kalka for 24 h. This paste is administered with honey and water. After its digestion, one should take a lot of fat (Prabhuta Sneha Ashanam) and the reason behind this is that both Triphala and madhu have “ruksha” guna in them which leads to dryness after its intake so to counterbalance its dryness after its digestion, ghee or tila tail is advised to the patient.[13]

Using this recipe continuously for 1 year, one can live for 100 years, free from ageing and diseases.

Iron is hailed as an important rejuvenating agent in Ayurveda. Coating iron vessel with Triphala helps to potentiate it with nano and microparticles of iron. As per Ayurveda, the nature of vessel that we use for cooking or storing any substance adds its own medicinal value to the substance. Iron itself is used as an anti-ageing remedy hence aids to the rejuvenation of the body. Among few benefits of iron, it is madhura, amla, and tīkta along with its cool potency and guru guna. It has lekhana property hence can be considered useful in cardiovascular diseases. It improves strength, immunity, skin texture, complexion, memory, intellect, digestive power, and acts as natural aphrodisiac. Along with this, triphala comes with its own set of benefits. Briefly, both iron and triphala are good for eyes, blood vessels are very good antioxidant, so overall, this combination makes a perfect anti-age remedying.

2.3. Triphala Rasayana Tritiya

Madhukena tugākṣirya pippalyā ksāudrasarpिशāl triphala sitaya capi yukti siddham rasayanam. (Ch. Chi-1(3)/45).

Triphala mixed with Madhuka, Tugaksheeri, Pippali, Honey, Ghee, and Sugar separately in equal proportions is an effective anti-ageing recipe.[14]

- Madhuka has guru, snigdha, madhura rasa, shīta virya properties, and reduces burning sensation, aphrodisiac, jivaniya, sandhaniya, bāya, and is rejuvenating. Hence, it acts to equal the properties of Triphala when used along with it should be used in equal proportion with Triphala.[15]
- Tugaksheeri is madhura, kasaya, laghu, ruksha, tīkṣha, bāya, brīmhanā, and shīta virya, enhances complexion, and is rejuvenating so it can be used along with Triphala in equal proportion.
- Pippali is tīkṣha, katu, snigdha, laghu, anusha shīta, madhura vipaka, and medya. It acts as a potent rejuvenator because of madhura vipaka itself. It can also be used in equal proportion along with Triphala.[16]
- Ghee and Madhu in unequal quantity along with mishri can be used with Triphala to aid in its property of being a good rejuvenator.[17]

These ingredients help to improve digestion and metabolism.

These combinations should be used along with Triphala in proper quantity and time period to ensure the maximum rejuvenating health benefits from them.

2.4. Triphala Rasayana Chaturtha

Salvaruahai suvarṇena vacaya madhusarpiśāl viḍangapi pippalīḥhyaṃ ca triphala lavanena ca.

Samvatsaraprayagena medhāṃśṛṭibalaprādā bhavatāyuyulprada dhanyā jarāroganibarhaṇi. (Ch. Chi-1(3)/46-47).

Triphala along with sarva lauha, suvarṇa (gold), vacha (Acorus calamus), honey, ghee, viḍangā (Emblica ribes), pippali (Piper longum), and lavana (Rock salt).

- Suvarna Bhasma – It is said to be beneficial for kṣhaya, pandu, kasa, shukra kṣhaya, etc. and hence considered to be the best rejuvenator as it promotes longevity and prevents ageing.
- Vacha – It is katu, tīkta, laghu, tīkṣha, ushna, and dipana, increases intellect (medya), and reduces pain, piles, etc. It is advised to the children with speech abnormality (Vaka shakti vardhaka) and as Kumara Rasayana.
- Madhu-Ghrita (unequal proportions) can be used with Triphala to aid in its property of being a good rejuvenator as they have properties of increasing digestive fire, strength, and enhance the longevity of life etc.
- Saindhav Lavana – It is madhura, laghu, beneficial of eyes, heart, aphrodisiac, alleviates tridosha.
- Pippali is tīkṣha, katu, snigdha, laghu, anusha shīta, madhura vipaka, and medya. It acts as a potent rejuvenator because of madhura vipaka itself. It can also be used in equal proportion along with Triphala.

The above mixture is administered continually for 1 year to ensure maximum health benefits. It is conducive to the advancement of medha (intellect), srmi (memory), bala (Strength), ayu (longevity), and dhana (wealth). It prevents ageing and diseases.

3. DISCUSSION

In Triphala Rasayana dwitiya, Triphala pasted on the iron vessel has unique properties from its preparation to its mode of action. Food iron is absorbed by the intestinal mucosa from two separate pools of heme and non-heme iron. Heme iron, derived from hemoglobin and myoglobin, is well absorbed and relatively little affected by other foods eaten in the same meal. On the other hand, the absorption of non-heme iron, the major dietary pool, is greatly influenced by meal composition. Ascorbic acid is a powerful enhancer of non-heme iron absorption. The enhancement of iron absorption from vegetable meals is directly proportional to the quantity of ascorbic acid present. Here in this formulation, the triphala which is high in Vitamin-C content is smeared over iron vessel and left for 24 h; shows its therapeutic effects because of the principle of enhanced iron absorption in presence of Vitamin-C present in Triphala. Several potential uses of Triphala include gastric hyperacidity reduction, antioxidant, anti-inflammatory, immunomodulating, dental caries prevention, antipyretic, analgesic, antibacterial, wound healing, antistress, hypoglycemic effects, proper digestion, and absorption of food, reduce serum cholesterol levels, improve circulation, relax bile ducts, prevent immunosuppression, maintain homeostasis of the endocrine system, and increase production of red blood cells and hemoglobin. Because of the innumerable health benefits of Triphala rasayana, Acarya Caraka has mentioned that is any individual practices this recipe continuously for 1 year; he/she would be able to cherish a long life of 100 years, free from ageing and diseases. In Triphala Rasayana Tritiya, it is advised to take triphala along with yashimadhu, tugaksheeri, and pippali.

Yashimadhu (Glycyrrhiza glabra) mainly pacifies the aggravated/morbid vata and pitta. Being heavy and unctuous and possessing sweet
taste and post-digestion effect, which are antagonistic to *vata*, hence pacifies it. Similarly, *Yashhimadhu* pacifies the aggravated Pitta due to its sweet taste and post-digestion effect and its cold potency. Good for eye and eyesight/vision, it provides good strength and immunity, good aphrodisiac, and increases the quantity and quality of semen, it heals ulcers, wounds, and swelling/inflammation associated with wounds, it neutralizes the bad effects of poisons and toxins, relieves thirst, relieves tiredness/exhaustion, provides energy, useful in relieving wasting disorders, degenerative diseases, good expectorant, and prevents damage from LDL cholesterol (Bad fat). Enhances immunity by boosting levels of interferon which is the key chemical of the immune system that fights off viruses, it has anti-allergic property and highly beneficial in allergic rinitis, conjunctivitis, and longevity of life. *Triphala* and *yashhimadhu* complement each other very well. When they are used together, they fill the mutual void.

They are useful together,

a. To target common organs of both the herbs, more efficiently
   eyes, hair, stomach, intestines, heart, cholesterol, and anti-aging rejuvenation.

b. To counter slightly hot net effect of *triplaha* with coldness of
   *yashhimadhu* is told as unctuous by *Bhavaprakasha*. Net effect
   of triphala is slightly drying, mainly due to astringent taste of
   *Triphala*.

c. *Triphala* is *tridoshahara* but more targeted on *kapha* and *pitta*.
   *Yashhimadhu* being sweet brings in the *vatahara* effect to the
   equation.

d. *Triphala* with *yashhimadhu* is especially good for eyes. These
   two, along with (*Lauha bhassma*), honey and ghee are made into a
   medicine called *Saptamrita lauha*, which is used for the treatment
   of a variety of eye disorders.

Similarly, *Tugaksheeri* (*Curcuma augustifolia*) has madhura rasa,
*laghu*, and *snigdha guna*, madhura vipaka, *shita vipaka*, and have
*vatapitta shamaka* properties. It is *balya* hence improves strength and
immunity, *vrishya*, *brimhana*, and *shita*. It also supports the overall
properties of *Triphala* hence acts as *rasayana* together.

*Pippali* (*P. longum*) has *katu rasa*, *laghu* and *tikshna guna*, madhura
*vipaka ushna vipa*, and balances *vata* and *kapha* doshas. It is very
good aphrodisiac and has anti-ageing and rejuvenation properties.

4. CONCLUSION

The wide range of problems shot down by *Triphala* and its side effects
may sound overwhelming and daunting to some, but moderate intake of
*Triphala*, especially after consultation with a doctor, may soothe
your mind and body and become a part of your routine in no time.
Research on *Triphala* and its properties is still underway. It is exciting
to see what new wonders *Triphala* may present for us. *Triphala
Rasayana* is recognized as one of the most well-studied *Ayurvedic
Rasayanas*. It has been utilized in various traditional medicine systems.
Conventionally, *rasayana*-based drugs are utilized in different kinds
of diseases. Various medicinal attributes of *Triphala rasayana*
include antioxidant, anti-cancerous, anti-diabetic, antimicrobial, and
immunomodulator and are considered as a pillar of gastrointestinal
treatment specially in functional gastrointestinal disorders and due to
its accessible mode of administration, availability, and affordability,
there is an increase in its global acceptance. Phytochemical studies
chemical constituents include gallic acid, ellagic acid, chebulic acid,
and methyl gallate. Many clinical studies found *Triphala Rasayana* to
be effective against diabetes, constipation, and obesity also. Hence,
it can be inferred that *Triphala Rasayana* is a pack of wonders with
numerous health benefits which helps in the restoration of all the age
groups.

5. ACKNOWLEDGMENTS

None.

6. AUTHORS’ CONTRIBUTIONS

All authors give equal contribution while preparing manuscript.

7. FUNDING

Nil.

8. ETHICAL APPROVALS

This study not required ethical clearance as it is review study.

9. CONFLICTS OF INTEREST

Nil.

11. DATA AVAILABILITY

This is an original manuscript and all data are available for only review
purposes from principal investigators.

12. PUBLISHERS NOTE

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Table 1: Tabular representation of Triphala is as follows

<table>
<thead>
<tr>
<th>Name</th>
<th>Haritaki</th>
<th>Vibhitaki</th>
<th>Amalaki</th>
</tr>
</thead>
<tbody>
<tr>
<td>Botanical name</td>
<td>Terminalia chebula Linn.</td>
<td>Terminalia bellerica Roxb</td>
<td>Emblica officinalis Gartn.</td>
</tr>
<tr>
<td>Family</td>
<td>Combretaceae</td>
<td>Combretaceae</td>
<td>Euphorbiaceae</td>
</tr>
<tr>
<td>Sanskrit names</td>
<td>Haritaki, Abhaya, Pathya, Vayastha, Hemvati, Shiva, and Aayatha</td>
<td>Aksha, Kalipahla, Bhutavasa, Kalidruma, Karnaphala, Kamaphala, and Kaliyugalaya</td>
<td>Amaki, Dhatri, Yavasya, Shivam, Sripahla, Amritaphala, and Tisyaphala</td>
</tr>
<tr>
<td>Hindi names</td>
<td>Harre and Harad</td>
<td>Babera</td>
<td>Avla, Aonla, and Amla</td>
</tr>
<tr>
<td>English names</td>
<td>Chebulic Myrobalan</td>
<td>Beleric Myrobalan</td>
<td>Indian Gooseberry</td>
</tr>
<tr>
<td>Rasa</td>
<td>Pancharasa except Lavana</td>
<td>Kashaya</td>
<td>Pancharasa except Lavana</td>
</tr>
<tr>
<td>Guna</td>
<td>Laghu and Ruksa</td>
<td>Laghu and Ruksa</td>
<td>Laghu, Ruksa, and Shita</td>
</tr>
<tr>
<td>Virya</td>
<td>Ushna</td>
<td>Ushna</td>
<td>Shita</td>
</tr>
<tr>
<td>Vipaka</td>
<td>Madhura</td>
<td>Madhura</td>
<td>Madhura</td>
</tr>
<tr>
<td>Properties</td>
<td>Tridoshagna mainly kapha-pitta shanak, anulomana, dipana chakshushya, hridya, and medya</td>
<td>Tridoshagna mainly kapha shamak, chakshushya, keshya, bhedaka, krimighna, and kasahara</td>
<td>Tridoshagna mainly Pitta Shamaka, vrishya, and chakshushya</td>
</tr>
<tr>
<td>Part used</td>
<td>Fruits</td>
<td>Fruits</td>
<td>Fruits</td>
</tr>
<tr>
<td>Phytochemicals</td>
<td>Phenolics Saponins Alkaloids and Flavonoids Tannins Glycosides.</td>
<td>Tannins and Glycosides</td>
<td>Terpenes Saponins and Flavonoids Tannins.</td>
</tr>
<tr>
<td>Uses</td>
<td>Its fruits are laxative and reported to be used for treating wounds, ulcers, inflammations, gastropathy, flatulence, jaundice, skin diseases, leprosy, intermittent fever, and cardiac disorders. Haritaki forms an important part of Triphala. The fruit pulp is used in dentifrices.</td>
<td>Its bark is used in treating anemia and leukoderma. Vibhitaki forms an important part of Triphala. Fruits are reported to be effective in curing cough, bronchitis, insomnia, dropsy, dyspepsia, flatulence, vomiting, skin diseases, leprosy, fevers, ulcers, and general debility. The mature and dry fruit is constipating in nature and is useful in diarrhea, dysentery, rheumatic, and swellings. The fruit pulp is used in ophthalmia</td>
<td>Its fruits being rich in Vitamin C are extensively used in various formulations of Ayurveda. The fruits are good tonic for general vitality. Amalaki forms an important part of Triphala, and a well-known Ayurvedic medicine for good health and improving body resistance. The fruits either fresh or dried are used as Ayurvedic medicine</td>
</tr>
</tbody>
</table>