**ABSTRACT**

Triphala is a traditional Ayurvedic herbal formulation that has been used for centuries in India. It is composed of three fruits: Amalaki (Emblica officinalis), Bibhitaki (Terminalia bellirica), and Haritaki (Terminalia chebula). Triphala is renowned for its numerous health benefits and is considered a cornerstone of Ayurvedic medicine. It is considered as good as rasayana, for cosmetics purpose to improve skin and hair quality, and for diabetic wound management. It is used as a general health promoter which facilitates nourishment to all dhatu. This paper aims to provide an analytical overview of Triphala, exploring its composition, therapeutic properties, and its types.

1. INTRODUCTION

Triphala, a traditional Ayurvedic remedy, has gained immense popularity for its numerous health benefits. Derived from the Sanskrit words “Tr” meaning three and “Phala” meaning fruit, Triphala is a combination of three fruits: Amalaki (Emblica officinalis), Bibhitaki (Terminalia bellirica), and Haritaki (Terminalia chebula). This potent herbal formulation has been used for centuries in Ayurvedic medicine to promote overall well-being and restore balance in the body. The three fruits that makeup Triphala each possess unique properties that contribute to the overall efficacy of the formulation. It is considered as good as rasayana, for cosmetics purpose to improve skin and hair quality, and for diabetic wound management. It is used as a general health promoter which facilitates nourishment to all dhatu.[1] Amalaki, also known as Indian gooseberry, is rich in Vitamin C and antioxidants.[2] It supports digestion, boosts the immune system, and promotes healthy skin. Vibhitaki is known for its astringent properties and is often used to treat respiratory conditions, such as asthma and bronchitis. Haritaki is a potent laxative and is commonly used to alleviate constipation and promote bowel movements.[3]

2. MATERIALS AND METHODS

Ayurvedic literature’s related to Triphala previous articles and research works modern medical literatures.

- Triphala – Although Triphala (three ultimate fruits) is known to Charaka’s time, it is Sushruta who quoted it as a separate group (gana). Haritaki (Terminalia chebula), Amalaki (Phyllanthus emblica), and Vibhitaki (Terminalia bellirica) are the Triphalā (three myrobalans).
- Synonyms – “Phalatraya” or “Vara”.Phalottama, Phalshresta, Phaltrik, Triphali, Vara, Sreshta
- Rasa Panchaka are given in Table 1
- Rasa – Kasaya
- Gunas – Raksha, Sara
- Virya – Anusna
- Vipaka – Madhura
- Vipaka – Madhura
- Doshaghnata – Tridoshasamaka
- Karma – Chaksusys, Dipana, Vrishya, Prameha, Kushta, Vishamajwarnashaka, Medohara
- Triphala ratio – It is also necessary to understand the ratio of Triphala since various texts have mentioned various proportions, which is given below in Table 2.


The Pharmacological properties of Triphala is mentioned below
2.2. Types of Triphala

1. Swalpa Triphala
2. Madhura Triphala
3. Sugandhi Triphala

2.2.1. Swalpa Triphala
Draksha, kharjura, and parashaka; these three fruits together are called Swalpa Triphala."

2.2.2. Madhura Triphala
Draksha, kharjura, and kasmarya; these three fruits together are called swadu Triphala. It is beneficial to vision, and appetizer, promotes the desire for food, and useful in alleviating irregular fever.

2.2.1. Sugandhi Triphala
Jatiphalam, Puga, and lavangam; these three constitutes are called Sugandhi Triphala. It is astringent, sweet in vipaka, and useful in breaking constipation due to kapha and vata doshas.

2.3. Therapeutic Uses

Triphala is widely recognized for its diverse therapeutic properties. It is primarily used as a digestive tonic, aiding in the absorption and assimilation of nutrients. Triphala also acts as a gentle laxative, promoting regular bowel movements and preventing constipation. Its antioxidant properties help protect the body against oxidative stress and reduce inflammation. In addition, Triphala has been found to support liver function, enhance immune response, and improve overall well-being.

2.4. Research on Triphala

Numerous scientific studies have been conducted to explore the potential health benefits of Triphala. Research has shown that Triphala possesses antimicrobial properties, inhibiting the growth of various bacteria and fungi. It has also demonstrated anti-inflammatory effects, reducing markers of inflammation in the body. Triphala has been found to have hepatoprotective properties, protecting the liver against damage caused by toxins. Furthermore, studies have indicated that Triphala may have anticancer potential, inhibiting the growth of cancer cells in vitro. Triphala exerted a strong anti-inflammatory effect against gouty arthritis. Triphala exhibited a protective effect in endotoxin-induced uveitis.

3. RESULTS AND DISCUSSION

Triphala is undoubtedly one of its most treasured combinations. The three fruits that makeup Triphala each possess unique properties that when combined, create a powerful therapeutic effect. Amalaki, also known as Indian gooseberry, is a rich source of Vitamin C and antioxidants. It aids in boosting the immune system, improving digestion, and rejuvenating the body. Vibhitaki, on the other hand, acts as a natural detoxifier and supports healthy respiratory function. Finally, Haritaki is renowned for its ability to promote healthy digestion, relieve constipation, and enhance cognitive function.

One of the key benefits of Triphala is its ability to support digestive health. It acts as a gentle laxative, promoting regular bowel movements and preventing constipation. Triphala also aids in detoxification by eliminating toxins from the body, which can improve overall digestion and nutrient absorption. In addition, Triphala has been found to have anti-inflammatory and antioxidant properties, which can help reduce inflammation in the gut and protect against oxidative stress. Another area where Triphala excels is in promoting healthy skin and hair. Its high antioxidant content helps fight free radicals, preventing premature aging and maintaining a youthful appearance. Triphala can also improve hair growth and prevent hair loss by nourishing the hair follicles and strengthening the roots. Regular consumption of Triphala can lead to healthier, glowing skin and lustrous hair. Triphala is not only beneficial for physical health but also for mental well-being. It is known to enhance cognitive function, improve memory, and promote mental clarity. Triphala’s ability to balance the three doshas, Vata, Pitta, and Kapha, is believed to contribute to its positive effects on mental health. By restoring balance in the body, Triphala can help reduce stress, anxiety, and promote overall emotional well-being.

4. CONCLUSION

Triphala is a traditional Ayurvedic formulation that offers a wide range of health benefits. Its unique combination of three fruits provides a holistic approach to wellness, addressing various aspects of physical and mental health. Triphala has been extensively studied and has shown promising results in various areas, including digestion, immunity, enhancing skin, hair, and liver health. However, it is important to exercise caution and consult a health-care professional before using Triphala, especially for individuals with specific medical conditions. Overall, Triphala remains a valuable herbal remedy that continues to be widely used and respected in Ayurvedic medicine.

5. ACKNOWLEDGMENT

Nil.

6. AUTHORS’ CONTRIBUTIONS

All the authors contributed equally in the design and execution of the article.

7. FUNDING

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8. ETHICAL APPROVALS

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

9 CONFLICTS OF INTEREST

Nil.

10. DATA AVAILABILITY

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

11. PUBLISHERS NOTE

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3. Pandey K. Charak Samhita, Vidyotini Hindi Commentary. Varanasi:

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Table 1: Rasa panchaka of Triphala

<table>
<thead>
<tr>
<th>Rasa Panchaka</th>
<th>Haritaki</th>
<th>Vibhitaki</th>
<th>Amalaki</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rasa</td>
<td>Pancharasa (Kashaya predominance, Lava rahita)</td>
<td>Kashaya</td>
<td>Pancharasa (Amla predominance and Lavanarahita)</td>
</tr>
<tr>
<td>Guna</td>
<td>Laghu, Ruksha</td>
<td>Laghu, Ruksha</td>
<td>Laghu, Ruksha, Situ</td>
</tr>
<tr>
<td>Vipaka</td>
<td>Madhura</td>
<td>Madhura</td>
<td>Madhura</td>
</tr>
<tr>
<td>Virya</td>
<td>Ushna</td>
<td>Ushna</td>
<td>Shita</td>
</tr>
<tr>
<td>Prabhava</td>
<td>Tridosahara</td>
<td>Tridosahara</td>
<td>Rasayana</td>
</tr>
<tr>
<td>Doshaaghnta</td>
<td>Kapha pitta Shamaka.</td>
<td>Kapha Shamaka.</td>
<td>Tridosshara, Pittasamaka (mainly)</td>
</tr>
<tr>
<td>Chemical constituents</td>
<td>30% Tannin and Chebulic acid, Gallic acid, Anthraquinone</td>
<td>17% tannin and gallo-tannic acid</td>
<td>Vitamin C, fixed oil, phosphatides, tannin</td>
</tr>
</tbody>
</table>

Table 2: The ratio of Triphala by various texts

<table>
<thead>
<tr>
<th>Acharya</th>
<th>Haritaki</th>
<th>Vibhitaki</th>
<th>Amalaki</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sushruta</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Bhavamishra</td>
<td>1</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Chakradutta</td>
<td>1</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>Madanpala</td>
<td>1</td>
<td>2</td>
<td>4</td>
</tr>
<tr>
<td>Yogaratnkar</td>
<td>3</td>
<td>6</td>
<td>12</td>
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