

## Triphala

**Meaning of the word Triphala** - Tri means three in Sanskrit and Phala means Fruits. The definition of this word by lexicography book – Amarakosha is –

त्रयाणां फलानां समाहारः | i.e. it is the mixture of the powders of three fruits called Myrobalans and called Haritaki, bibheetaka and Amalaki in Sanskrit.

By API - Universally accepted - 1:1:1 by weight ratio. For example, Haritaki Powder 1kg, Bibheetaka 1kg and Amalaki 1kg is mixed.

1:2:4 ratio is by the number of fruits but when their weights are considered it is not different than 1:1:1 which is by weight.

### **TRIPHALA Properties by Bhavaprakasha Nighantu (Materia medica)**

bhāvaprakāśa-pūrvakhaṇḍa-miśraprakaraṇa - 2.  
harītakyaḍivarga

- Reduces Kapha and Pitta
- Dipana – Increases digestive fire
- Ruchya – Improves sensation of taste
- Ruksha – Dry
- Sara – Sara means mobility

### **Properties of Three Contents of Triphala in Comparison –**

<b>Property</b>	<b>Haritaki</b>	<b>Bibheetaka</b>	<b>Amalaki</b>
<b>Rasa</b>	5 Rasa except Lavana(Salty) Kashaya (Astringent) – Pradhana	Kashaya(Astringent) Katu(Pungent)- Tikta(Bitter) (Raja Nighantu)	5 Rasa except Lavana but mainly Amla(Sour)
<b>Guna</b>	Ruksha, Laghu, Sara(Dry, Light and Mobile)	Ruksha, Himasparsha (Cold for touch) Laghu (Light)(Kaiyadeva Nighantu) Sara(Mobile), Ushna(Hot) (Dhanvantari Nighantu)	Ruksha, Laghu Sara (Dry, Light and Mobile) (Dhanvantari)
<b>Veerya</b>	Ushna (Hot)	Ushna (Hot)	Sheeta (Cold)
<b>Vipaka</b>	Madhura (Sweet)	Madhura (Sweet)	Madhura (Sweet)
<b><u>Prabhava</u></b>	<u>Virechana,</u> <u>Tridoshaghna</u>		<u>Rasayana</u>

### **Rutu – Haritaki (Haritaki According to Seasons)**

<b>SEASON</b>	<b>DURATION (In West part of India)</b>	<b>ANUPANA</b>
VARSHA (MONSOON)	JULY - AUGUST	SAINDHAVA (ROCK SALT)
SHARADA (AUTUMN)	SEPTEMBER - OCTOBER	SHARKARA (SUGAR CANDY)
HEMANTA (PRE-WINTER)	NOVEMBER - DECEMBER	SHUNTHI (DRY GINGER)
SHISHIRA (WINTER)	JANUARY - FEBRUARY	PIPPALI (PIPER LONGUM)
VASANTA (SPRING)	MARCH - APRIL	HONEY
GRISHMA (SUMMER)	MAY - JUNE	JAGGERY

### **Contra-Indications for the use of Haritaki in Patients –**

- After excessive physical stress and sexual intercourse
- Mental Depression or sadness

- Debility
- Excessive Dryness
- Very Skinny persons
- After Fasting (Langhana)
- Vitiated Pitta cases
- **In Pregnancy**
- After Raktamokshana (Removing vitiated Rakta Dhatu / Blood)  
– Panchakarma Procedure.

The well-known laxative action of Triphala is mainly due to the Haritaki. When only Haritaki is used in patients, it gives stronger laxative action.

**Other Indications of Haritaki** – Disorders of Digestive System – Asthma, Cough, Swelling, Ascites, Colitis, Jaundice, Constipation, Flatulence, Diseases related to liver and Spleen, Piles, Fissure, Fistula, Wound Healing, Skin Diseases, Worm infestation, Renal Calculus and as Rasayana (Rejuvenation)

**Bibheetaka** –

Important Indications – All respiratory disorders, hair problems (Keshya – Beneficial for hairs), Worm infestation, improving speech (Speech problems)

**Amalaki** –

Common Indications – As a Rasayana, Anti-oxidant, Against Hyperacidity. Other indications are similar to Haritaki. Prameha (Diabetes), Fracture Healing, Excessive Thirst, Fever, Constipation, Flatulence, Swelling, Burning Sensation, Menstrual Problems, Diarrhea, beneficial for breast-feeding mothers.

### **Triphala from Ancient Ayurvedic Texts –**

Number of Citations in Charaka Samhita - 167

Number of Citations in Sushruta Samhita - 119

Number of Citations in Ashtanga Hridayam - 123

Total Number of Citations from Brihatrayee - 409

Number of Citations in Yogaratnakara - 305

Number of Citations in Bhavaprakasha - 171

Number of Citations in Sharamgadhara Samhita - 74

Total Number of Citations from Laghutrayee – 550

### **Uses of Triphala –**

For Anulomana -

0.5-2 gm of Triphala Powder with warm water at bedtime daily.

Chakshushya – Eye Disorders – Triphala Powder about 500mg with Honey and Ghee at Night orally.

Triphala improves the eyesight. It makes eye muscles stronger. In cases of stress on eyes and progressive myopia, its use is very

beneficial. Every healthy person can use it daily. There should be the prior consultation to decide the dose.

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**Triphala Eye Wash** – Take 1-2 tablespoon Triphala Powder (Triphala deseeded fruits can be used instead of powder) add 2 cups of filtered water. Mix it and boil the water to make it almost a cup. Let the mixture cool down and Triphala powder to sediment.

Take above water, filter it carefully 2-3 times to remove any suspending particles. Your Eye Wash is ready. Take this medicated water and wash your eyes gently. You can use Eye cup which is available at any medical store.

Precautions –

- Do not perform it if you have a certain eye disease. First consult your doctor in such cases.
- Use muslin cloth or fine filter to strain carefully so small particles won't enter your eyes.

When Triphala wash first enters your eyes you may experience stinging sensation, however it will reduce. If it starts hurting too much, it is better to stop and wash your eyes with clear warm water.

### **Triphala for Skin Disorders:-**

Triphala is used for almost all types of skin rashes, allergies, redness, sensitivity, fungal infections etc.

For oral administration – Triphala Powder twice daily with the warm water. (250mg to 1gm)

Siddhartaka Snana – Snana – means bathing. It is the daily bathing with the medicated water of Triphala.

Method of preparation of Siddharthaka Snana (modified)

1. Add Neem (Azadirachta Indica) leaves 10gm, Triphala Powder 20gm, Cyperus rotundus (Musta) 10gm, Hemidesmus indicus 10gm (Sariva / Anantamool) to about 15 litres of water.
2. Heat it upto the boiling point and let it cool to the desired temperature.
3. Use this water for bathing daily for at least 7 days. (We use buckets along with shower in India so we can bath this way. If this is not possible for you, just wash the affected area with this water before taking shower)

Precaution – If you have active open ulcers or wounds, consult an Ayurvedic expert before applying it to the skin.

### **For Fungal Infections (Skin) and Rashes –**

Take 1 tablespoon Triphala powder + ½ tablespoon Licorice powder and add 2 Cups of Water to it. Boil it to half and let it cool. Without filtering, gently wash the area with it, twice daily.

### **For Weight Loss / In Medoroga –**

Along with the diet and exercise the Triphala Powder is very beneficial.

### **Cough – Allergic or due to Infections –**

Triphala Powder about 1 Teaspoonfull + Pippali (Piper Longum) + Yashtimadhu (Glycerrhiza glabra) + 1 Tablespoon full of Honey. It should be taken in the morning daily.

### **For Oral Ulcers, Stomatitis – (Sharamgadhara Samhita)**

Triphala Decoction Gandoosha or Kavala. 1 tablespoonfull of Triphala Powder + 2 Cups of Water -> Heat and reduce it to half. -> Add a tablespoonfull of honey.

### **Wound Healing –**

Triphala decoction is a beautiful remedy for the wound healing. It has the ability to heal even non-healing wounds especially of bed ridden patients, diabetic patients etc.

It has antimicrobial action. It leads to disinfection of the wound. It also stimulates the natural wound healing process.

### **Vaginal Infections and Pruritus –**

Triphala decoction is used for washing it locally daily. It is a very common treatment for these symptoms in India.

For vaginal discharge, pruritus, fungal and other infections the daily local wash with oral treatment if necessary gives wonderful results. (Siddharthaka Snana)

### **Advantages of Triphala as a Rasayana –**

- Reduces Aama in the body
- Increases digestive as well as metabolic fire

- Improves digestion and person gets rid of digestion problems
- Rejuvenation of the body tissues
- Pacifies vitiated Doshas – Vata, Pitta and Kapha and creates the balance between them in the body.
- Prevents many diseases and increases body strength
- Boosts immunity