ROLE OF TRIPHALA IN NETRAROGA -SYSTEMIC AND LOCAL REMEDY

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INTRODUCTION

Preventive and curative principles of Ayurvedic system of medicine stands on the maintenance of Jatharagni (Internal digestive fire) and Kostha(excretory system),Jatharagni,which helps in the proper digestion and assimilation of ingested food as well as it helps in proper functioning of other types of Pitta-metabolic factors specially Alochaka pitta¹(rods and cones functional entity) in eyes, whereas kostha helps in the proper excretion of waste products.Proper functioning of these two systems help in maintaining the health, longevity and disease free life.

Ancient Ayurvedic scholars explained lot many combination of drugs which act on both the above said system. All the materia medica and treatment procedures which create doshic balance (somatic and psychological) are equally implies to the treatment of eye along with a group of materia medica coined as ‘Chakshushya Rasayana’ had been highlighted by Ancient scholars.

ABSTRACT

Homeostasis as per Ayurvedic fundamentals i.e., Harmony and Balance between Tridoshas (Three body Humors i.e., Vita, Pita, Kapha), Datus (Seven body building blocks) and Mala (Excretes), Agni (Digestive metabolism) along with the pleasant sense of soul, mind and sense among the sense organ eye is the most important as well as delicate organ which gets easily afflicted by imbalance of basic body humours i.e.,Doshas and results in decreased disturbed functions i.e,Drushtikriyas. Practical experience and very long traditional uses of Triphala is significant.Triphala which contains powder of three fruits in equal proportion viz. Haritaki (Terminalia chebulaRetz.),Bibhitaki (Terminalia belerica) and Amalaki (Emblica officinalis Gaertn.)a very powerful Chakshushya rasayana (visual function enhancer/rejuvenator). Upon analyzing this formula, it has control over all three body humours i.e. Haritaki- on Vata, Amalaki- on Pitta and Bibhitaki- on Kapha.

No doubt various previous studies show Triphala is a wonderful clinically proven drug in maintaining the health as well as treating many ailments. As need of the hour, the increased prevalence of ocular disorders posing challenges to discuss the role of Triphala for systemic and ocular health.

KEYWORDS: Diabetic retinopathy, panchkarma, netrakalpa
Chakshushya class of medicines has a targeted action on the eye and visual apparatus. Triphala is one such combination which can correct the imbalance of doshas as well as bring them to normalcy along with specific vision promoting effect. The ingredients that make up triphala are very potent individually; when combined, they health as well as systemically treating ocular disorders in the literature available in the ancient classics and recent researches. Charaka goes so far as to say that Haritaki is as nourishing and useful for everyone as mother’s milk. It helps in improvising the agni, and thus enhances the absorption of nutrients. Another excellent quality of this fruit is that it cleanses the macro and micro circulatory channels, known as “Srotovishodhini” which means that it can clear the channels, both big and small. In addition it is called as Sarvahdosaprasamani (pacifies all-doshas), very few fruits and herbs have this designation. It also supports the body’s immune system. On top of everything, Haritaki has an anti-aging value “vayasthapani” (anti-aging). Thus advised in the prevention of age related eye disorders like Age-related macular degeneration (ARMD), Senile Cataract, Open angle glaucoma and Retinal degeneration.

Bibhitaki helps to regulate the internal environment specially the circulation of pure blood in the body. It is an ideal herb for pacifying both Pitta and Kapha. Acharaya charaka quotes Bibhitaki as netra hitam, meaning it is beneficial for the eyes and it cleanses the Rasa (plasma), Rakta (blood), Mamsa (muscular tissue) and Medodhatus (adipose tissue) when they act as dushtyas (vitiated tissues) in the pathophysiology of a disease formation. Amalaki helps in purifying toxins from the body, by enhancing food absorption. When our digestion becomes stronger, the food we eat is converted to nutrition rather than staying undigested and producing impurities (Aama). Thus flushes out the toxins out of the body. The eyes are another organ that specially benefit from Amalaki. In fact, Amalaki is called chakshusya, which means “strengthening the eye. This is because Amalaki enhances both Ranjaka Pitta (one type of Pitta that governs liver function and the blood formation) and Alochaka Pitta (another type of pitta that governs the eyes/vision phenomenon). Because of its high content of Vitamin C, Scientific research shows that Amalaki is an extremely potent antioxidant, excellent in removing excess free radicals, which are at the basis of much degenerative disease and aging. All these qualities make Amalaki a powerful immunity-enhancer.

Triphala: Haritaki, Bibhitaki, Amalaki
Triphala: Rasapanchaka (Classical Pharmacodynamics)\(^5\)

When we look into the Rasa panchaka of Triphala formulation as a whole;

Rasa: Kashaya rasa pradhanapancha rasa.
Guna: Ruksa and Guru (slight)
Virya: Ushna
Vipaka: Madhura
Doshagnata: Mainly used specifically in predominance of Kaphadosha, moderate vitiation of Vata and mildly derranged Pitta.
Rogagnata: Kusta, Prameha, Medhoroga and Vishamajwara. Because of these properties it is used as Dipaniya, Pachaniya, Vatanulomana, Hridya, Chakshusya and Rasayana.

Form of Administration: Kwatha (decoction), Churna (pulvalise), Ghrita (medicated animal fat), Varti (collyrium) and Guggulu dosage forms.

Triphala: Yogas\(^6\) (Formulations)
Famous yogas containing Triphala as main ingredient, which are utilized in day today ophthalmic practice, Triphala Churna, Sadanga kwatha guggulu, Triphaladi kwatha, Triphaladi anjana, Tripahala varti, Triphaladi rasakriya, Nagarjuna varti, Kokilavarti, Drustiprada varti, Candhanadi varti, Lohadiguggulu, Timirahara lauha, Saptamruta loha, Triphaladi ghrita, Mahatrichaladi ghrita and Triphala Gugg

Triphala Briefly
"Chakshuya tejomayam tasya visheshat sleshmato bhaya"\(^6\) By nature Kaphadosha has a tendency to create Abhishyandhi samprapti (i.e microchannel obstruction) leading to morbid physiology of the eye. If this condition prevails for long time or no remedial measure is taken, it will manifest as a form of Abhishyanda one of the major
pathological condition affecting all parts of the eye and becomes a cause of almost all eye diseases. Abhishyanda also signifies the unstable phase of ocular physiology which not only gives rise to discharge per ocular surface but also deranges the internal ocular metabolism (including metabolism of avascular structure). Triphala along with metabolic stimulant activity break the Abhisyandatva of the srotas by virtue of its ushna and ruksha properties. Not only this; the tridosha combination (triphala) will maintain the homeostasis in the body and eye as a whole by further preventing the pathogenesis. Chakshusya activity of Triphala seems to be a overall impact of this compound on the body as a whole, but the clinical and time tested experience of our ancient scholars may be the logic behind this specific/empirical effect (Prabhava) i.e. chakshusya property, which is highlighted in all classical literatures. On the basis of the fundamental grounds this effect can be devoted to Deepana (property which increases the digestive power), Pachana (property which help in the digestion of undigested product) and Anulomaka (carminative) properties of Triphala; improvising and stimulating the Pachaka agni i.e Deepana and Pachana qualities produce a quality base essence of Ahara (ingested food) i.e Rasa (plasma nutrients), make it bioavailable after assimilation, easily transformable (by enhancing dhatu agni- tissue metabolism) thereby nourishes all types of Pitta including Alochaka pitta i.e. Photosensory layer of retina. The mrudu virechaka Anulomaka (mild laxative/ intestinal motility enhancer) property of Triphala helps in the elimination of Biowastage/Excrements as and when they are produced in the body which is always a risk factor to the avascular structure of the eye. In other words enhanced digestive and metabolic process of the body will produce the best anabolic strata for body structure and functions. There by improving the visual functions along with general body function (Cakshusya and Rasayana), Triphala is usually a combination of equal parts of all the three fruits. But in classics depending upon the doshic combination and disease condition proportion of these three drugs various. While treating eye diseases the proportion of Amalaki is increased whereas while treating vata related diseases the proportion of Haritaki is increased.

Netraroga and Triphala
External/Topical use of Triphala: Netraprakshalana, Netraseka, bidalaka, Pindi, Aschyotana, Anjana, Tarpana and Putapaka comes under Bahir parimarjana of Netraroga. a) Netra prakshalana - Ocular wash/Splashing with Triphala aqueous solution. Triphala possess mainly ruksha and ushna properties, hence it can be mainly used in Kaphaja abhishyanda and Kaphaja vartmagata roga (Eye lid disorders).
b) Netra seka - Therapeutic Ocular irrigation in closed eyes from aheight of 7-8 cm. Though netraseka with Triphala kwatha can act as Tridosha shamaka, But it comes under lekhana Netra seka which can be used mainly in Kaphaja netraroga.
c) Aschyotana - Instilling medication in drop form a height of 3-4cm.
Aschyotana with triphala kwatha can be used in Amavastha of Netra roga also. According to Acharya sharanagdhara triphala kwatha aschyotana is said to be best in all types of abhishyanda. 

d) **Bidalaka** and **Pindi** - Medicated application over closed eyes in paste as well as poultice form Triphala churna vidalaka and pindi is used in shleshma pitta netraroga.

e) **Anjana** - Application of medicine in conjunctival sac. Triphala is one of the main ingredients in various formulations of lekhana anjanas.

f) **Tarpana** - Satiating eye with ghee by retaining it on eye ball and blinking continuously for a stipulated period. Triphala ghrita tarpana is mainly indicated in Kaphaja Timira.

g) **Putapaka** - Pouring and withholding various form of medicated extracts prepared by specific pharmaceutical process called putpaka in open eyes followed by blinking continuously for a stipulated period. Triphala is used as one of the ingredient in lekhana putapaka in kaphaja netrarogas.

### Internal Use of Triphala

Triphala possess tridosha samaka property, Cakshushyaas well as good kostha shodhaka hence it can be jolly well used in all Netra vikaras for the purpose of shodhana (procedure by which excess accumulation of vitiated doshas from the body is removed). Hence Triphala is used as both shaman (procedure by which accumulation of vitiated doshas from the body is pacified) and shodana in day today clinical practice to prevent and manage ocular disorders. Acharayas highlighted the role of triphala prayoga as shaman mainly in Drishtigata vikaras (group of eye disease in which vision is mainly affected). Triphala is used as rasayana dravya in all drishtigata rogas only by changing the anupana (adjuvants) depending upon the doshic predominance. For eg: Triphala with madhu, tala and ghrita in Kaphaja, Vataja and Pittaja Netra roga respectively. Use of Triphalais also quoted in drugs which prevent one from eye ailments. Triphala churna along with madhu(honey) and ghrita(ghee) is considered to be the best rejuvenation therapy foreye disorders.

### DISCUSSION

Ayurveda can give a beneficial answer to the systemic as well as ocular disorders as it tries an aims to breaks the pathogenesis at Doshik and Panchbhautika substratum. Previous articles shows triphala having free radical scavenging effect, and immunomodulary effect. Some study evaluated the therapeutic efficacy of Triphala on constipated bowel habit and well-being. No toxicity or adverse drug reactions were observed. Studying the detail knowledge of simple to which brings us to our basics Adopting Triphala as a part of Dietic regimen to avoid diseases.

### CONCLUSION

Many various work,highlighting systematic as well as ophthalmic uses in day to day life.triphala is combination of equal parts of all the fruits, their porportion also enhances the effect. Ingerdients that makes up triphala has control over all three body humours i.e. Haritaki- on Vata, Amalaki- on Pitta and Bibhitaki- on Kapha. Not only this; the tridoshara combination (triphala) will...
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