

A Study on Potential Triphala Benefits

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Abstract- *The objective of this article is to create awareness among young people and workers about triphala which supports bowel health, improves digestion, detoxifies the body and support the immune system.*

Triphala is an amalgamation of gooseberry, haritaki and kadukkai. It is an ancient herbal remedy with antioxidants, anti-inflammatory and antibacterial effects. Triphala may have various health benefits such as improving oral and digestive health and also support healing of the skin. While Triphala is generally considered safe and has potential health benefits, it may cause side effects in some people. For example, it is also a natural laxative. Triphala is an herbal combination of three plants that are native to India. In Ayurvedic medicine, the body has three types of energies or Doshas. Practitioners believe that healing and balancing the three doshas can help a person achieve good health. Some believe that the ingredients in triphala support all three doshas.

The results of many scientific investigations suggest that therapeutic benefits of the preparation come from its antioxidant properties and ability to combat some drug resistant bacteria. A person should not consume more than the recommended level mentioned on the label. They should stop using triphala if it causes diarrhea or other side effects.

Although a number of small studies show that triphala could have health benefits, confirming these findings will require large and controlled studies in humans. The plants in triphala contains antioxidants and polyphenols, which are compounds that are beneficial for health. However, a person should consult with a health professional before taking this herbal preparation.

I. INTRODUCTION

Today with increasing awareness about health and side effects of allopathic medicine, using herbs, spices and condiments is becoming popular among Indians. Triphala can be made at home and it is recommended by Ayurveda to treat health and get rid of many health issues. Triphala is made up of THREE FRUITS in their dried and powdered form. The three fruits are AMLA, HARDA AND BAHEDA. These three fruits must be dried properly and mixed in right proportions

i.e, 1:2:3 to get effective results. The popular Indian Saint Rishi Bagwatt prepared the mixture and consumed to get good health benefits. The Indian Ayurvedic medicine is perhaps the oldest and most trusted form of healing and with time these herbs have proved their magical efficiency.

The gooseberry, which is also called amla, brings many benefits of its own as churan. Amla is rich in vitamin C, which helps in boosting immunity. Vitamin C is a richness that amla offers to anyone who consumes it and helps to improve absorption of iron into the blood and is very useful for people who suffer from anemia.

The second ingredient is HARAD or Haritkai. Harad works for eyes and helps prevent disease like cataract and glaucoma. It improves and aids in promoting the healing process and hence any wounds, ulcers heal faster. Harad works great for any kind of skin, it also acts as an anti-aging remedy for people.

The third ingredient is BAHEDA. This beneficial ingredient works to help purify blood, treat burns, remove excess body fat along with harmful toxins, improve eye sight and also has antiviral as well as antibacterial qualities. Baheda also helps to make roots of the hair strong, reduce hairfall and greying of hair.

According saint Bagwatt, the human body is made up of FIVE ELEMENTS, namely, earth, fire, water, air and space. These cause three types of Doshas; commonly known as kafa, pitta and vaata.

Kafa is caused basically with the imbalance of water and earth. This causes inflammations. Pitta is an acid that results in the imbalance of fire and water. Vaata is the gas caused by imbalance of space and air which causes problems related to gastric trouble. TRIPHALA balances this tridosha of Kafa, Pitta and Vaata in the body making people healthy and happy.

II. WHAT ARE THE HEALTH BENEFITS OF CONSUMING TRIPHALA POWDER

Triphala powder is a boon for health, quoted by Ayurveda saint Bagvatt. Triphala is comprised of equal parts of three herbal fruits Harda, Amla and Baheda. The first fruit (HARDA) is believed to promote digestion and treat acute and chronic constipation. The second (AMLA) herb is believed to increase gastric emptying and possess antimicrobial properties. The third (BAHEDA) is a source of protein, oils and an omega, which are all essential fatty acids. The three benefits of all these three herbs together known as TRIPHALA.

- Triphala powder works to stimulate bowel movement for clean stomach.
- Taking a spoon of Triphala in the morning will improve and strengthen your rectal muscles.
- Once one starts consuming triphala, the cleansing of toxic wastes from the body takes place. The herbs lend your skin a glowing touch, making one look healthier and brighter.
- Triphala is a potent eye tonic which will keep your eyes healthy and sharp.

Triphala powder is helpful in improving blood circulation. It also helps to boost the body's immunity with its power and helps to protect the body against bacteria and virus that can harm the body with diseases.

Regular consumption of triphala also helps to reduce internal and external inflammation that one might have due to lack of nutrients in the body.

III. HOW TO CONSUME THE TRIPHALA POWDER

One should eat a spoonful of triphala with honey, lemon and sugar. The best way is to consume the powder early in the morning on an empty stomach with warm milk or water. Another way is to consume the powder at night about 2 hours before going to bed with warm water. There is no recommended dosage as it has no side effects that have been established so far.

IV. EFFECTS OF TRIPHALA ON HUMAN HEALTH

While triphala is generally considered safe and has potential health benefits, it may cause side effects in some people. It may cause diarrhea and abdominal discomfort.

Triphala has antidiabetic properties. If someone is already on diabetes medication, triphala can further accentuate

their functioning. This can cause blood pressure levels to drop way too much. Also, this herb is considered unsafe for use in babies and children, the elderly and women who are pregnant or breastfeeding.

V. FUTURE OF TRIPHALA POWDER IN INDIA

An indigenous mix of three herbs which are widely used in Indian medicine as 'triphalachurna' is now being hailed for its significant anti-tumor action. The powder formulation has been shown to curb the action of the vascular endothelial growth factor (VEGF), a chemical signal produced by cells that stimulate the growth of new blood vessels.

Triphalachurna (THL) is a powder mix of three fruits; *Emblica officinalis* Gaertn (amla in Hindi), *Terminalia chebula* Retz (Haritaki) and *Terminalia balerica* Roxb (Bibhitaki) in equal proportions. The wonder mix is used in treatment of gastrointestinal disorders.

The researchers found that THL and chebulinic acid (a bioactive compound present in triphala) can significantly and specifically inhibit VEGF induced angiogenesis.

"VEGF" plays an important stimulatory role in various diseases like Cancer, retinopathy and endometriosis. "The presently available anti-VEGF drug being used in clinics not only have serious toxicities but are also very expensive", says principal investigator of the research Sujit Basu from the Comprehensive Cancer Center and Department of Pathology, Ohio state university, Columbus, Ohio.

This necessitates development of newer and effective non-toxic and inexpensive anti VEGF agents. "Our study suggests that THL or Chebulinic acid may fulfil this promise in future. This will be particularly important for India and other developing countries where many cannot afford expensive drugs", Basu says.

VI. CONCLUSION

Triphala powder is a powerful mixture of three ingredients i.e, Indian gooseberry, Bihitaki and Haritaki. According to charak, taking the Triphala Rasayana (Triphala with honey and ghee) daily has the potential to make a person live for one hundred years devoid of old age and diseases.

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