

Review Article

Role of Triphala in Kaphaj Netra Rogas

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ABSTRACT:

Prevention of ocular disorder and preservation of ocular health has become essential as changing life style has resulted in many eye disorders. Our ancient seers have also given prime importance to eye by considering it as the most vital sense organ among all sense organs. Our ancient ayurvedic scholars explained lots of combination of drugs which act on both the above said system. Among them most popular is *Triphala* formulations which contain powder of three fruits in equal proportion viz. *Haritaki* (*Terminalia Chebula*), *Vibhitaki* (*Terminalia Balerica*) and *amalaki* (*Emblica officinalis*). These are powerful *chakshushya rasayana* (Visual function enhancer/rejuvenator). No doubt various studies show *Triphala* is wonderful clinically proven drug in maintaining the health as well as treating many diseases. *Triphala* is ancient ayurvedic remedy that is used for a variety of treatments in ayurvedic medicine. It is able to balance *vata*, *pitta*, and *kapha dosha*. When take internally it improves eye sight and helpful in curing various eye problems.

Most of eye diseases occurs due to vitiation of *kapha*. There are 13 *kaphaj netra rogas* described by *acharya sushruta* in *uttartantra*, among these 11 *sadhya*, 1 *yapya* & 1 *asadhya*. So as the need of time to challenge these disorders, medical science motivated to highlight & discuss the role of *Triphala* in ocular health as well as treating *Kaphaj Netra rogas*.

KEY WORDS: *Triphala, Kapha, Haritaki, Vibhitaki, amalaki*

INTRODUCTION:

Eyes are most important organ among five sense organs. Now a days due to faster changing life style, computerization in every field, pollution and other reasons causes very much strain and adverse effects on eyes which finally produces various ophthalmic diseases. In *kaphaj netra rogas* *kapha* is dominant & characterized by itching, irritation, mild discomfort, lacrimation and falling of eye lashes. These are common eye diseases which affect all age group persons. In Ayurveda treatment comprises *Prakshalana, Pratisarana, Parisheka, Ashchyotana, Vidalaka, Pindi, Anjana, Tarpana, Putapaka*.

In this study *Triphala* due to its *ruksha* and *ushna guna* has been selected for local application and internal use for *kaphaj netra rogas*. *Triphala* contains *Haritaki*,

Amalaki and *Vibhitaki*. It is also called *chakshushya rasayana, Tridoshaghna* due to these properties it is helpful in curing above conditions of *kaphaj netra roga*.

Triphala:

Haritaki, Vibhitaki, Amalaki

1. *Haritaki* :

Its botanical name is *TerminaliyaChebula*. *Acharya Charaka* says that *haritaki* is as nourishing and useful for everyone as mothers milk. He mentions that it is *rasayana* for eyes, so it can be used to prevent the eye diseases. Its another excellent quality is that it cleanses macro and micro circulatory channels known as a "*strotovishodhini*"^[1] which can be remove vitiated *kapha*.

It helps to cure *kaphajnetrarogas*. It also supports bodies immune system.^[2] On the top of everything *haritaki* has an anti aging value '*vayasthapani*'^[3,4]. Thus advised in prevention of age related eye disorders like, age related macular degeneration (ARMD), senile cataract. Retinal degeneration.

2. Vibhitaki :

Its botanical name is *Terminalia bellerica*. It is said to be best homeostatic, means helps to regulate proper circulation of pure blood in body. It is an ideal herb for *kapha*. Acharya Charaka said that *vibhitaki* as *netrahitam*, it is beneficial for eyes and it cleanses the *rasa*(plasma), *rakta*(blood), *mamsa*(muscular tissue), and *medo dhatu*(adipose tissue) when they act as *dushya*(vitiated tissues)^[5] in the pathophysiology in disease formation.

3. Amalaki :-

Its botanical name is *Embllica officinalis*. It helps in purifying toxins from the body by enhancing food absorption. Eyes are the organ that specially benefit from *amalaki*. In fact *amalaki* is called *chakshushya* which means a *rasayana* for maintaining health of eyes^[6]. Because of its high content of vitamin C *amalaki* is an extremely potent antioxidant. All the qualities make *amalakaia* a powerful immunity enhancer.^[7]

Triphala : Chakshushya Rasayana

Chakshu tejomayam tasya visheshatashleshmatobhayam

Eyes are *tejapradhan dnyanendriya* and *kapha* mainly affects eye. By nature *kaphadosha* has tendency to create *abhishyandas amprapti*(i.e. micro channel obstruction)^[8]. If this condition remain for long time, it will cause *abhishyanda*, one of the major pathological condition affecting all parts of the eye and becomes a cause of *kaphaj netra rogas*.

Triphala along with metabolic stimulant activity break the *abhishyandatva* of the *strotas* by its *ushna* and *ruksha* properties. It is useful in *netra rogas*

which mainly occurs due to vitiation of *kapha*.

Triphala is usually a combination of equal parts of three fruits. But in predominance of *dosha* and disease condition proportion of these three drugs varies. i.e. while treating *kapha* related eye diseases the proportion of *vibhitaki* is increased, like wise according to its *doshagnata*, in *pitta amalaki*. And in *vataharitaki* increased in *triphala* respectively.

Triphala :-

Rasa : *Kashaya rasapradhanpancha rasa*

Guna : *Ruksha*

Virya : *Ushna*

Vipaka : *Madhura*

Doshagnata :

specifically used in predominance of *kaphadosha*, moderate in vitiation of *vata*, and mild in *pitta*

Form of administration :

kwatha, churna, ghrita, varti, and guggulu.

Action of triphala in kaphaj netra roga :

There are 13 *kaphaj netra rogas* described by *acharya Sushruta* in *uttartantra*, among them 11 *sadhya*, 1 *yapya*, and 1 *asadhya*. *Kaphajnetrarogas* occurs due to vitiation of *kapha*. *Triphala* is having *kashayrasa pradhan pancharasa, rukshaguna, ushna virya*. These all properties of *triphala* are *kapha nashak*. And it helps to break down the *samprapti* of *kaphaj netra rogas*.

According to Yogaratnakar :

Shleshma strava - Madhuyuktat riphala kwath prakshalan^[9]

Shuklarma - Pippalyadigitikanjana

According to Vagbhat :

Krimigranthi - Triphala with madhupratisarana^[10]

Pothaki - Triphalakwathparisheka^[11]

Lagana - Triphalasisidhdhatailanasya^[11]

According to Sushruta :-

Klinnavartma - Triphalarasakriyaanjana^[12]

By using *Triphala* externally with *kaphaghna dravyas* in different procedures like *netra prakshalana, kriya kalpas* and internally with *anupana* of *madhu* gives best result in *kaphaj netra rogas*.

Triphala in kaphaj netra rogas :**External / Topical use of Triphala :**

Netra prakshalana, netraseka, vidalaka, pindi, ashchyotana, anjana, tarpana, and putapaka comes under *bahirparimarjana* of *netra rogas*.

A] Netra prakshalana :

Occular wash with *triphala kwath*.

Triphala is having mainly *ruksha* and *ushna* properties, hence it can be mainly used in *kaphaj abhishyanda* and *kaphaj varmagata rogas* like *shleshma strava*.

B] Netra parisheka :

Therapeutic ocular irrigation in closed eyes from 4 *angula* height^[3]. Though *netra parisheka* with *triphala kwath* can act as *tridosha shamaka*, but it comes under *lekhana netra parisheka* which can be used mainly in *kaphaj netra roga* like *pothaki*.

C] Ashchyotana :

Instilling medication in drop from a height 2 *angula*.^[13]

Ashchyotana with *triphala kwath* can be used in *amavastha* of *netrarogas*. According to *acharya Sharangdhar* *triphala kwath ashchyotana* is said to be best in all type of *abhishyanda*.^[14]

D] Vidalaka and Pindi :-

Medicated application over closed eyes in paste as well as poultice form.^[15,16]

Triphala churna vidalaka and *pindi* is used in *Shleshma pitta netra rogas*.^[17]

E] Anjana :

Application of medicine in conjunctival sac.^[18]

Triphala is one of the main ingredients in various formulations of *lekhana anjana*, which is used in *klinnavartma, shuklarma* like *kaphaj netra rogas*.

F] Tarpana :

Satiating eye with ghee by retaining it on eyeball and blinking continuously for stipulated period.^[19]

Triphala ghrita tarpana is mainly indicated in *kaphaj timira*.^[20]

G] Putapaka :

Pouring and with holding various form of medicated extracts prepared by specific pharmaceutical process called *putapaka* in open eyes followed by blinking

continuously for a stipulated period.^[21]

Triphala is used as one of the ingredient in *lekhana putpaka* in *kaphaj netra rogas*.

Internal use of triphala :

Triphala posses *tridosha shamak* property, *chakshushya* as well as good *koshtha shodhak*, hence it can be used in *netrarogas* for the purpose of *shaman* and *shodhan*. *Triphala* is used as *rasayana* in all *netra rogas* only by changing *anupana*, which depends upon predominancy of *doshas* for e.g. *Triphala* with *madhu, taila, and ghrita* in *kaphaj, vataj* and *pittaj netra rogas* repectively.^[22]

Triphala – Yogas :-

Famous *yogas* containing *triphala* as main ingredient which are used in day to day ophthalmic practice are *triphala churna, triphala kwatha, triphaladi anjana, triphalavarti, triphaladi rasakriya, triphaladi ghrita, mahatriphaladi ghrita, triphala guggulu* etc.^[23]

Thus due to *ruksha ushna guna* of *triphala*, it can act a wonderful drug in maintaining the ocular health and manage the *kaphaj netra rogas*. By adopting *triphala* as a part of dietetic regimen, one can be free from ocular disorders and live a disease free life.

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11. Asgtangsamgraha, uttarsthan 12
12. Ambikadatta Shastri, Sushruta Samhita uttartantra 12[49-50], page no. 64
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14. Ibidem (9) Saranghadara Samhita, Uttarakhanda 13/20: 382.
15. Ibidem (9) Saranghadara Samhita, Uttarakhanda 13/21: 382.
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