

REVIEW LITERATURE OF THIRIPALA CHOORANAM IN SIDDHA MEDICINE

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ABSTRACT

Thiripala Chooranam is widely used Herbal formulation. It contains equal proportion of dried fruit powder of *Embolia officinalis*, *Terminalia chepula* and *Terminalia belirica*. It is internally used in Diabetes Mellitus, Constipation, Piles, Cleaning Wounds. *Thiripala* prevents aging, Imparts Immunity and improves Mental Faculties. It helps to restore Digestion and purify blood. It is also used in large number of Medicinal preparations. The Major Constituents of *Thiripala* extract are phenolic, alkaloid and Flavanoid compounds. The Phenolic compound responsible for *Anti oxidants thiripala* and its constituents in the concentration range 25-200 microg/mL. As the phenolic

compounds present in these extracts are mostly responsible for their radical scavenging activity, the total phenolic contents present in these extracts were determined and expressed in terms of gallic acid equivalents and were found to vary from 33% to 44%. These studies revealed that all three constituents of *thiripala* are active and they exhibit slightly different activities under different conditions. Thus their mixture, *thiripala*, is expected to be more efficient due to the combined activity of the individual components. **Results:** In addition, numerous additional therapeutic uses described both in the Siddha literature are being validated scientifically. In addition to laxative action, *Thiripala* research has found the formula to be potentially effective for several clinical uses such as appetite stimulation, Reduction of Hyperacidity, Antioxidant, Anti-inflammatory, Immunomodulating, Antibacterial, Antimutagenic, adaptogenic, Hypoglycemic, Antineoplastic, Chemoprotective, and Radioprotective effects, and prevention of dental caries.

KEYWORDS: Siddha Medicine, *Thiripala chooranam*, Anti oxidant, Internal & External medicine.

INTRODUCTION

In the Siddha System of medicine in oldest Indian medicine in south india. 32 Types of Internal medicine & 32 types of External medicine. they are one of the internal medicine of *Thiriphala chooranam*. And also used in External medicine. *Thiriphala chooranam* are described in siddha text book of *Marunthusei Iyalum Kalaium*.^[1] *Thiriphala* can be considered for use in the very young, the infirmed, and the elderly. digestive, mild laxative at normal doses, bowel tonic at low dose, purgative at high doses, carminative, expectorant, antispasmodic, and bronchodilator. In addition, myriad other uses are described both in the siddha medical literature. Internally it used in Diabetes Mellitus, Constipation, Arthrities, Jaundice, pox virus disease etc.....Externally it is used in cleaning wounds, oral wash.^[2,3] *Thiripala* ingredient in *Kadukkai*(*Terminalia chebula*)*Nelli*(*Phyllanthus emblica*)*Thantri*(*Terminalia bellarica*). The three ingredients are present in Medicinal uses for Vitamic-C, Tanin, Gllic Acid, Anthra Quinone, Chebulic acid. Many Alkaloid and Acid are present. The phytochemical activity of Anti oxidant, Anti Diabetic, Anti Inflammatory, Anti bacterial, etc.^[4]

^[5]**Terminalia chebula(KADUKKAI)**

Terminalia chebula commonly known as black or chebulic myrobalan. Five types of taste is present (*sweet, sour, astringent, bitter, Spicy*)except in salt taste. *Terminalia chebula* is main ingredient in *thiriphala* which is used in kidney and liver dysfunction. The dried fruit is also used in Cartiotonic, Homeostatic, Diuretic, and laxative. The chemical composition of Ellagic acid, 2,4-chebuyl-beta-D-glucopyranose, chebulinic acid, gallic acid, ethyl gallate, punigalagin, terflavin –a, luteolin, and tannic acid present. Its also contain in terflavin B. Chebulinic acid are present in the fruits. It should be avoid in the patients of Indigestion, Toxic, Starvation, Azhal diseases, prolong walking, Pregnancy, Bleeding Disorders, Fever, Thorat irritation.

Terminalia bellerica(Thantri)

Terminalia bellaerica is known as bahera, beleric or bastard mrobalan. Taste for *Astringent*. Its fruit use in the popular indian herbal rasayana treatment *thiriphala*. 17% tanin present, anti-pyretic activity. It is used in Ulcer, Leucorrhoea, Hypertension, Leucoderma, Pox viruses, Wound healing, and also used in Sight promoter.

Phyllanthus emblica(Nelli)

Phyllanthus emblica is also known as emblic, emblic myrobalan, *indian gooseberry*, Malacca tree or amla. Astringent, sweet, sour taste. The chemical composition of fruit contain in high amount of Ascorbic acid(Vit-C), embilicanin A,(37%), Embilicanin B(33%), Punigluconin(12%) and Penunculagin(14%). and also contain the phyllanembilinA, polyphenols, such as flavonoids, kaempferol, ellagic acid, and gallic acid. It is used in Nausea, vomiting, Ascities, Piles, Menorrhoea, Anemia, Giddiness, it increased in immunity power, eye power. It is also used in hair oil. Nelli oil used in 96 eye disorders, and relief in Burning sensation of whole body.

^[6]INGREDIENTS OF THIRIPALA CHOORANAM

S.no	Tamil name/English name	Botanical name	Family		Medicinal uses
1.	Kadukkai/Chebolic myrobalan, Ink nut	Terminalia chebula. Retz.	Combretacea	Tanin, Chebulinic acid, Gallic acid, Anthra Quinone	Ulcer, Bronchial Asthma, Jaundice, Vadh diseases, Vitiligo, Piles, Tuberculosis, Eye diseases, Fistula, Heart diseases, Anemia, Cough, Liver diseases, Sin diseases
2.	Nelli/Indian gooseberry	Phyllanthus emblica.Linn	Euphorbiacea	Vit-C, Tanin	Ascities, piles, menorrhoea, Anemia, vomiting, Hair growth, Eye diseases, Giddiness, Boost your immunity
3.	Thantri/Beleric myrobalan	Terminalia bellerica, Roxb.	Combretacea	Tanin, Anti pyretic	Sight promoter, Pox diseases, Leucorrhoea, Hypertension, Leucoderma, spider toxin,

^[7]Dosage and Preparation

Thiriphala chooranam Ingredient are mixed in equal quantity of Kadukkai Thol, Nelli Vattal, Thantri Thol. So this chooranam are finally packed in bottles. The 1g BD After meals.

And externaly Used in Wound cleaning, Oral Wash with Hot water.

^[8]***Thiriphala* is available in the following forms**

- Capsule
- Extract
- Juice
- Powder
- Tablet

Capsules and tablets are by far the easiest preparations to use. Most *Thiriphala* supplements are sold in doses of 500 milligrams (mg) to 1,000 mg. The dose refers to the total amount of extract used rather than the individual ingredients. The problem is that the amounts of each ingredient can vary based on which supplier a manufacturer uses. This may not pose any significant risks, but it does show that *Thiriphala* products can differ.

There are no set guidelines for the appropriate use of *Thiriphala*. Most manufacturers will recommend one to two tablets or capsules daily. As a rule of thumb, never use more than the recommended dose on the product label.

Thiriphala juice can be diluted with water to create a mouthwash. The powder is sometimes mixed with coconut oil for use in scalp and hair treatments.

When measuring *Thiriphala powder* or juice, always use a measuring spoon rather than a dining utensil.



^[9] BENEFITS OF TRIPHALA

- Relief from Constipation
- Reduces inflammation
- Lower cholesterol
- Weight loss
- Boost Immunity
- Prevent Cancer
- Stimulate hair growth and dandruff

Prevent bacterial and viral infection

***Thiriphal* Improves Removal of Stored Fats from the Body -Weight Loss Benefits**

^[10]Thiriphal powder helps to approach in a different way; rather than focusing on eating less and exercising more, this superfood works to cleanse the digestive system and promote healthy nutritional uptake. *Thiriphal* being an active participant in weight loss or in removing belly fat. TPC controls the satiety center by inducing the secretion of cholecystokinin.

This hormone sends out a message to the brain and makes one feel full quicker than usual. For faster weight loss, take around a tablespoon of TPC with warm water three times a day. Alternatively, one can mix half a tablespoon of this with half tablespoon of thirikadu ku Chooranam and some honey in lukewarm water and take it every morning and nights.

Thiriphala dosage for constipation

Effective constipation properties can be found in Thiriphala. It helps regulate their bowel movements. To get rid of constipation, one should have a glass full of warm water with 2 teaspoons of Thiriphala powder every night.

Thiriphala immunity

Thiriphala powder is rich in VIT-C which is a boost to the immune system and a potent antioxidant. Thiriphala helps in cleaning the gastric and digestive tract, improving blood circulation, and nourishing the body from within by providing the necessary nutrients and minerals, Thiriphala helps boost the body's immunity.

Anti- Oxidants activity of Thiripala

Thiripala is a rich source of Vitamin C and Flavanoids. Thiripala is also increased the activity of anti oxidants enzymes such as Superoxide dismutase, catalyse, Glutathione Peroxidase as well as lipid peroxidation. In line, Animals were allocated to one of the intervention groups to receive either an active compound of amla or deprenyl, a mono-amine oxidase B inhibitor used as a positive control. Amla and deprenyl increased the activity of SOD, CAT and GPX, and suppressed lipid peroxidation after 7 days of treatment, what confirmed the antioxidant efficacy of amla attributed to the presence of P.emblica, an active compound of tannoids. In addition, phytochemicals found in P.emblica are also considered as good metal ion chelators as they hamper the oxidative cascade.

- It is a rich source of antioxidants such as vitamin C which helps in building immunity.
- Taking Thiriphala supplements on an empty stomach before bed can be beneficial for internal cleansing due to its detoxifying property.
- Thiriphala chooranam also helps in weight loss as it shows significant reduction in energy intake and body fat.
- It's consumption also provides protection from certain heart diseases due to its antioxidant property.

- Thiriphala powder when taken with milk or intake of Thiriphala capsules also provides relief from constipation due to its laxative property.
- A paste of Thiriphala and coconut oil can be applied on the face to improve the skin texture and enhance skin elasticity due to its anti-aging property.
- Thiriphala is also considered good for the eyes due to its antioxidant activity which helps improve eye health.

Thiriphala helps to control hair fall and promotes hair growth when applied on the scalp due to the presence of vitamin C.

Thiriphala is safe for all skin types but if you have dry skin, it is advisable to use Thiriphala with coconut oil.

Thiriphala acts as anti inflammatory

The regular consumption of Thiriphala helps in reducing internal and external inflammation, which one might have due to poor immunity or lack of nutrients in the body.

Benefits of thiriphala for cancer patients

Thiriphala chooranam is said to carry *Anti -Cancer* properties and exhibits radioactive, Chemoprotective, and antineoplastic effects. It help to prevent cancer.

Benefits of thiriphala powder for skin

Thiriphala powder rejuvenates, moisturizes, smoothens, and softens your skin. This is because of the strong presence of many antioxidant compounds present in Thiriphala that clear pigmentation and help kill the acne-causing bacteria. One should use it thrice in a month for best results.

Thiriphala Stimulates Hair Growth and treats dandruff

The of Thiriphala powder lock moisture in the hair and save one from the threat of alopecia. Mix Thiriphala chooranam and water, either consume it or apply it topically it help stimulate the hair growth.

Thiriphala Prevents Viral And Bacterial Infections and has Anti-Allergic Properties

Thiriphala chooranam can prevent bacterial and viral infections. It can can be taken by highly sensitive people without triggering any harmful allergic reactions.

[11]RECOMMENDED DOSAGE OF THIRIPHALA

Thiriphala chooranam-1 or 3g, 2-3 times, Honey or ghee or water.

Uses of Thiriphala

Thiriphala is used to maintain the tri doshas, i.e. kapha dosha, pitta dosha, vata dosha. It is used in to make Siddha medicines. It is used as an ingredient in shampoos, face masks, eye drops, fungal powders. Etc.

[12]Side-Effects of Thiriphala

- Even though *Thiriphala chooranam* is a safe choice, there are a few risks involved. Pregnant women should not take Thiriphala due to its downward energy flow, which can even lead to miscarriages.
- Even breastfeeding mothers should avoid taking Thiriphala as this herb can be passed on to the child via breast milk and can be harmful.
- Don't give your baby more than a pinch of this powder as it can lead to diarrhea and other stomach troubles.
- Never take more than the recommended quantity of Thiriphala chooranam as it may cause loose motions and dehydration.
- If you are diabetic, consult your doctor before consuming Triphala.
- Since Thiriphala is highly rich in fiber, its excessive use can lead to bloating problems. So, if you are already suffering from gastric troubles, take mild dosages.

Possible Side Effects

Because Thiriphala acts as a mild laxative, it may cause gastrointestinal side effects, including:

- Gas
- Stomach upset
- Cramps
- Diarrhea

These side effects may even occur with smaller doses.

If you experience mild diarrhea or other side effects, try reducing the dose. If your symptoms do not improve, stop taking Thiriphala altogether.

Little is known about the long-term safety of Thiriphala, or how it interacts with other medications. Some possible reasons for this uncertainty:

- Doses can differ from one preparation to the next.
- Some healthcare providers add other herbs and ingredients, depending on the condition being treated.

Thiriphala has not been proven safe for pregnant women, nursing mothers, and children. As a precaution, these groups should avoid Thiriphala.

Interactions

You may also want to avoid Thiriphala if you are taking medication of Diabetes and Hypertension. It make them less effective.

Additionally, many of the compounds found in Thiriphala are processed in the body by liver enzymes known as cytochrome P450 (CYP450). Taking Thiriphala with other drugs processed by CYP450 may increase or decrease the amounts of those drugs in the blood.

As such, you may need to avoid Thiriphala if you're taking any of the following:

- Anti-arrhythmia drugs
- Anticonvulsants like Tegretol (carbamazepine) and Trileptal (oxcarbazepine)
- Antifungal drugs
- Antipsychotic drugs like Orap (pimozide)
- Atypical antidepressants like nefazodone
- HIV drugs like Reyataz (atazanavir) and Crixivan (indinavir)
- Immune-suppressive drugs like Sandimmune (cyclosporine)
- Macrolide antibiotics like clarithromycin and Telithromycin
- Migraine medications like Ergomar (ergotamine)
- Rifampin-based drugs used to treat tuberculosis
- Alcohol

To avoid interactions, let your healthcare provider know about any prescription, over-the-counter, herbal, or recreational drugs or supplements you are taking.

SUMMARY

Thiriphala is an Siddha remedy that contains powerful antioxidants that may help treat gastrointestinal problems, diabetes, obesity, heart disease, and cataracts. Yet research has yet to confirm these health benefits.

Thiriphala acts as a mild laxative and may cause gastrointestinal side effects. It also may reduce the efficacy of certain medications, so it's important to consult your healthcare provider before taking it.

CONCLUSION

In the Siddha System of medicine in Thiriphala chooranam are Internally and externally used medicine are curable In many various diseases. Thiriphala chooranam is a powerful Anti-Oxidant properties. It should be administered in correct dosage. It is an Excellent medicine and most important medicine in Siddha Physicians. so these documentary evidence of Thiriphala chooranam is Anti-Oxidant, Anti inflammatory and various pharmacological activity & and various medicinal uses in siddha system.

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