

CONTRIBUTION OF RASASHASTRA AND BHAISHAJYA KALPANA IN ANTI-AGEING AND LONGEVITY W.S.R. TO TRIPHALA RASAYANA

Keshav Kumar Sharma^{1*}, Avadhesh Bhatt² and Snehdeep Soni³

^{1,3}M.D. Scholar Dept. of Rasashastra & Bhaishajya kalpana M.M.M. Govt. Ayurveda
College, Udaipur (Raj.)

²Head of Dept. Dept. of Rasashastra & Bhaishajya kalpana M.M.M. Govt. Ayurveda College,
Udaipur (Raj.)

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***Corresponding Author**

Keshav Kumar Sharma

M.D. Scholar Dept. of
Rasashastra & Bhaishajya
kalpana M.M.M. Govt.
Ayurveda College, Udaipur
(Raj.)

ABSTRACT

Ageing is not a disease; it is the progressive decline in physical, physiological and psychological function of the body over time. In recent time, due to increased life expectancy and increased medical knowledge, demand of anti-ageing medicine is increasing day by day. There is a growing market for anti-ageing products from noninvasive procedures to facelifts. Triphala is a well-known Ayurvedic Rasayana formulation that is prescribed for balancing of Vata, Pitta and Kapha and also used in anti- ageing property. Traditionally, it is used for the treatment of liver and kidney diseases. Triphala Rasayana was given in the form of churna, in a dose of 10gm twice daily in adults and as per Young's formula in children along with Madhu & Gritha for 60 days.

INTRODUCTION

Triphala is a drug widely used in many disorders due to its various pharmacological activities. Triphala is composed of the three myrobalans, Terminalia chebula Retz. (Haritaki), Terminalia bellerica Roxb. (Bibhitaki) and Emblica officinalis Gaertn. (Amalaki) and is one of the most commonly used Ayurvedic preparations. The formulation generally consists of equal proportions of pericarps of these myrobalans.^[1] Triphala has been described in the ancient Ayurvedic text as a Tridoshic Rasayana, a therapeutic agent with balancing and rejuvenating effects on the three humours or constitutional elements in Ayurveda vata, pitta and kapha. Terminalia chebula Retz and Terminalia bellerica Roxb. have a warm energy, while

Emblica officinalis Gaertn. is cool in nature. Triphala, being a combination of all three, is therefore balanced, making it useful as an internal cleansing, detoxifying formula. It is regarded as an important Rasayana and good purgative in Ayurvedic medicine. Recipe for this traditional herbal supplement is described in the traditional Indian texts, the Charaka and Susruta Samhita. Triphala is a drug widely used in many disorders due to its various pharmacological activities. Triphala is composed of the three myrobalans, *Terminalia chebula* Retz. (Haritaki), *Terminalia bellerica* Roxb. (Bibhitaki) and *Emblica officinalis* Gaertn. (Amalaki) and is one of the most commonly used Ayurvedic preparations. It is considered one of the best *Rasayana* and is unusual in its potent versatility. In recent years, significant progress has been attained regarding its biological activity and medicinal applications. Triphala has been described in the ancient Ayurvedic text as a Tridoshic Rasayana, a therapeutic agent with balancing and rejuvenating effects on the three humours or constitutional elements in Ayurveda: vata, pitta and kapha.

Haritaki

Latin name - *Terminalia chebula* Linn.

Family - Combretaceae

Ayurvedic Pharmacodynamics

Rasa - Pancharasa (Kashaya predominance, Lava rahita)

Guna - Laghu, Ruksha

Virya - Ushna

Vipaka - Madhura

Prabhava - Tridoshahara

Dosha karma - Mainly kapha pitta samaka.

Parts used - Fruits

Therapeutic Uses

The fruit is the prominent herbal drug, commonly and widely used in Indian system of Medicine and is a frequent addition in a large number of formulations.

Vibhitaki

Latin name - *Terminalia bellerica* Roxb.

Family - Combretaceae

Classical name - Vibhitaka

Sanskrit synonyms - Aksha, Kaliphala, Bhutavasa, Kalidruma, Karnaphala

Hindi name - Bahera, Baherha

English name - Belleric Myrobalan

Swaroop (Habit) - A large deciduous tree

Habitat - Throughout the deciduous forests of India and Burma

Pharmacodynamics Rasa - Kashaya

Guna- Laghu, Ruksha

Virya- Ushna

Vipaka- Madhura

Prabhava- Tridoshagna

Dosha karma – Kaphahara

Parts used - Fruit

Therapeutic uses

The bark is beneficial in asthma and leucoderma. The fruit is digestible, laxative and antihelminthic and is employed for bronchitis, sore throat, biliousness, inflammation and in diseases of eye, nose, heart and urinary bladder.

Amalaki

Latin name - *Emblica officinalis* Gartn.

Family - Euphorbiaceae

Classical name - Amalaki, Dhatri

Hindi name - Awala, Amla, Aonla

Sanskrit synonyms- Amalaki, Dhatri, Vyastha

English name - Indian gooseberry

Swaroop (Habit) - A medium sized tree

Habitat - Found throughout India; often planted in gardens and cultivated also in small and large scale

Ayurvedic pharmacodynamics

Rasa – Pancharasa (Amla predominance and Lavanarahita)

Guna- Laghu, Ruksha, Sita

Virya- Sita

Vipaka- Madhura

Prabhava- Rasayan

Dosha karma - Tridoshhara, Pittasamaka (mainly)

Parts used - Fruits

Therapeutic Uses

Fruits are the most useful part of the plant and are used medicinally in various diseases adopting different forms. Fruits are used for supplementing Vitamin C and other contents also. It is one of the most popular, common and highly reputed drugs of indigenous system of medicine. It is used in anemia, hyperacidity, peptic ulcer, dyspepsia, anorexia, diarrhoea, dysentery, hemorrhage, eye inflammations, irritability of bladder, leucorrhoea, spermatorrhoea, epistaxis, menorrhagia.

Classification

The ancient authors classified the drugs in different gana, varga and skanda etc. The drugs have been classified on the basis of their morphological characters, properties and pharmacodynamic as well as therapeutic values.

Rasa panchaka

Ayurvedic properties (Table 3) Rasa - Kasaya

Guna- Ruksha, Sara **Virya**- Anusna **Vipaka**- Madhura

Doshaghnata- Tridoshasamaka

Karma - Chaksusys, Dipana, Vrishya, Prameha, Kustha, Vishamajwarnashaka, Medohara^[2,3]

Pharmacological activities

Triphala classified as an important medicine of the Rasayana group and is believed to promote health, immunity and longevity and frequently used to treat chronic ulcer and it is an antioxidant rich herbal formulation. The aqueous extract of Triphala is reported as antigastric ulcer and anti-peptic activity, good radio-protective agent against gamma radiation and cytotoxic to human breast cancer cell line. The extracts of Triphala reported to exhibited antimutagenic activity, reduce damage due to oxidative stress, possess sustained anti-diabetic activity and free radical scavengers, cytotoxic and apoptotic agent against breast cancer cells and prostate cancer and possess antibacterial activity.

Therapeutic uses

It is used as laxative in chronic constipation, colon cleansing, digestion problems and poor food assimilation, cardiovascular diseases, high blood pressure, to reduce serum cholesterol,

poor liver function, large intestine inflammation, ulcerative colitis. It is good rejuvenator, tonic, hair tonic and good for digestion, purgative, cure all diseases of eyes, heal ulcer, remove diseases of skin, fat, diabetes, blood and fever. Ratio of Triphala (1:2:4) - Several methods are given to prepare Triphala, some use equal proportions (1:1:1) and some authors prepare Triphala by mixing one part of One Haritaki, two parts of Bibhitaki and four parts of Amalaki.

Immunomodulatory effect

Study by Srikumaret *al.* have shown that administration of Triphala enhanced the phagocytosis, phagocytic index, antioxidant activities and decreased corticosterone levels in animals exposed to noise stress.^[4]

Classical preparation of triphala

Triphala is widely used in making Ayurvedic medicines. Triphala is part of some of the most prestigious classical Ayurvedic preparation. Some of these are:-

- TriphalaGuggulu
- TriphaladiGhrita
- Chandraprabhavati
- Arogyavardhanivati
- Triphalakwath

Rasayan effects of *triphala*^[5]

The term *Rasayan* refers to nourishment or nutrition. *Rasayan* drugs act essentially on nutrition dynamics and rejuvenate the body and psyche. *Rasayan* drugs also promote intellect and strength, prolongation of life and helps in the prevention of diseases. By the use of *rasayan*, one can attain longevity, memory, intelligence, freedom from illness, youthfulness, excellence of lustre, complexion and voice, optimum strength of physique and sense organs, perfection in deliberation, respectability and brilliance. *Rasayan* is the means of attaining excellent qualities of *rasa* etc. *dhatu* i.e. body cells and tissues.

CONCLUSION

All the studies effects may be due to the proportionate increase in the levels of *T. bellerica* Linn., *T. chebula* Retz. And *E. Officinalis* Gaertn. in the Triphala. Both *T. bellerica* and *E. officinalis* are well-established *rasayana* (rejuvenator) drugs with powerful antioxidant and free radical scavenging effect. The Triphala 1:2:4 formulations contain a higher proportion of

such antioxidants which would be responsible for its significant effect on hyperlipidemia against Triphala 1:1:1 formulation. *Rasayan* essentially denotes medicinal nutrition, rejuvenation, longevity, immune-enhancing and geriatric health care. *Rasayan* (rejuvenation therapy), one of the most essential branches of Ayurveda, practiced effectively and extensively since ages, is a group of medicinal preparations which are immunostimulants and capable of preventing the causation of many ailments such as untimely aging.

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