

A CONCEPTUAL REVIEW OF *TRIPHALADI TAILA*Dr. Sharada Chikurte*¹ and Dr. Kajal G. Choudhari²¹H.O.D. and Professor, P.G. Scholar Department of Rasashatra and B.K.²PDEA'S College of Ayurved and Research Center, Akurdi Nigadi, Pune.Article Received on
12 September 2024,Revised on 02 October 2024,
Accepted on 23 October 2024

DOI: 10.20959/wjpr202421-34426



*Corresponding Author

Dr. Sharada Chikurte

H.O.D. and Professor, P.G.

Scholar Department of

Rasashatra and B.K.

ABSTRACT

In Ayurveda, *Rasashastra* and *Bhaishajya Kalpana* branch is more important. It deals with the preparation of medicine by using herbal, metal, and animal origin substances. Ayurveda is a science of life that balance physical, mental, emotional and spiritual components necessary for health. *Rasashatra* deals with formulation which are made from mineral's, metal's and animal origin. *Bhaishajya Kalpana* deals with various types of herbal formulation. *Triphaladi Taila* is a herbal formulation where *Triphala* is used as a main ingredient. There are different patha's (same name but variation in formulations) of *Triphaladi Taila* in various antient classical book of *Rasa shastra*. This is an effort to compile the information related to various patha's of *Triphaladi Taila* from the distinct *Samhita*. In Ayurveda majority of skin diseases are consider under *Kushtharoga*, among of them

Arunshika include under *Kshudra roga* is made up of two word's i.e. *kshudra* and *roga*.

KEYWORD'S: *Rasa shastra & bhaishyajya Kalpana, Triphaladi Taila Arunshika.*

AIMS AND OBJECTIVES

1. To study the *Triphaladi Taila* from distinct *Samhita*'s
2. To study different method of preparation of which has same name but different method and different ingredients.
3. To study various benefits of *Triphaladi taila* from different *Samhita*'s.

INTRODUCTION

Rasa Shastra is a specialized branch of Ayurveda that focuses on the preparation and therapeutic use of minerals and metals, *Bhaishajya Kalpana* deals with various types of

herbal formulation. *Sneha Kalpana* which is one of the *mishra kalpana* mentioned in *Bhaishajya Kalpana* with *Sneha* i.e., *Ghrita*, *Taila*, *Vasa*, *Majja* as major ingredients. *Sneha Kalpana* is prepared by adding different *kalka dravyas* and *drava dravyas Sneha* and doing *agni samskara* till *siddhi lakshanas* are achieved, Now a day's *Ayurveda* has a great demand for a treatment. *Ayurveda* is known for the use of polyherbal formulation for the management of health and diseases.

These *Ayurvedic* formulation are manufactured based on unique principles of *Ayurveda* pharmacology. Nowadays skin diseases are challenging in modern era as there is limitation to current treatment and sedated life style. In *Ayurveda* majority of skin diseases consider as a *Kushtha*, among of them *Arunshika* include under *Kshudra roga* is made up of two words i.e. *kshudra* and *roga*. Everyone is passionate about good hair texture. Hair plays very vital role in our beauty. As hair is a beauty for women as well as men also, hair plays significant role in personality. *Ayurveda* text describe hair problem under *shirogat rogas* (Diseases of head) like *Khalitya*, *Palitya*, *Darunaka*, *Arunshika*, etc.

MATERIAL AND METHOD

For the present literature study of *Triphaladi Taila* from different *Samhita*'s. Previous research work done on *Triphaladi Taila* screened thoroughly from different *Ayurvedic* journals.

Three essential components required for the preparation of *Snehakalpana*.^[1]

कल्काच्चतुर्गुणीकृत्यं घृतं वा तैलमेव वा ।

चतुर्गुणे द्रवे साध्यं तस्य मात्रा पलोन्मिता ॥ शा .सं .म . खं 9/1

1. *Kalka dravya*(mixture of drugs) - 1 part
2. *Sneha dravya* - 4 parts
3. *Drava dravya* – Jala 16 parts

In *Triphaladi taila paka*, *Tila taila* is taken and heated on *Mandagni*, then prepared *Kalka* is added to it. Then *Jala* is added and whole contents are boiled together till the water portion get evaporated and *Taila* appears with forth and till *Sneha Siddhi Lakshanas* are obtain.

Pathabhedha's

Preparation of *Triphaladi Taila* as per pathabhedha's mentioned in various *Samhita*'s is as

follows-

1st Pathbheda

Shodhit Loha 3 parts, *Triphala churna* 3 parts, *Bhruangraj Swaras* 6part *tail* will be prepared as per preparation method and this *taila* is one of the *Keshranjana taila*.^[2]

2nd pathbheda

Tila Taila (Isera), *Sushroka surasadigan ke Aushadhi ka kwath (44 sera)*, *Haritaki*, *Bhibhatak*, *Amalaki*, *Atasi*, *Murva*, *Trivruta*, *Chitrak*, *Nimba*, *Amaltas*, *vacha*, *Saptaparna*, *Haridra*, *Daruharidra*, *Guduchi*, *Indrasuri*, *Pippali*, *kutha*, *Sarshap*, *Suntha* etc take this ingredients in equal quantity and prepare *taila* as per preparation method till *Sneha sidhi lakashanas* are achived and used in *Sthulata*, *Alasya*, *Kandu* or disease due to *kapha vicar*.^[3]

3rd pathbheda

Triphala (Haritaki, Amalaki, Bibhitaki) *Nimba*, *Kiratatikata*, *Haridra*, *Daruharidra*, *Raktachandan* etc this ingredients in equal quantity and prepare *taila* as per preparation method and used in *Arunshika*.^[4]

4th Pathbheda

In this pathabheda same ingredients of *Triphaladi Taila* of 3rd pathabheda, here name of *kalpa* is different but ingredients are same, name of *kalpa Dviharidradi Taila* and ingredients are as follow-

Triphala, *Nimba*, *Kiratatikta*, *Haridra*, *Daruharidra*, *Raktachandan*, etc. this *taila* used in *Arunshika*.^[5]

Table no. 1: Pathbheda of the Trihaladi Taila mentioned in distinct Samhita.

Pathbheda	1 st Pathbheda	2 nd Pathbheda	3 rd Pathbheda	4 th pathbheda
Dravya	Shodhit loha Triphala churna Brungaraj swaras	Triphala Atasi Murava Trivruta Chitak Nimba Amaltas Vacha Saptaparna Haridra Daruharidra Guduchi Indrasuri	Triphala Nimba Kiratatikta Haridra Daruharidra Raktachandan	Triphala Nimba Kiratatikta Haridra Daruharidra Raktachandan

		Pippali Kutha Sarshap Suntha		
Rogadhikar	Kesharanjan	<i>Sthulata, Alasya, Kandu</i>	Arunshika	Arunshika

Table no. 2: Triphaladi Taila 3rd pathabheda.

From the above Pathabheda 3rd one is discussed here

Sr. No.	Name of Drug	Latin Name
1	<i>Haritaki</i>	<i>Terminalia chebula</i> Retz.
2	<i>Bibhitaki</i>	<i>Terminalia bellirica</i> Roxb.
3	<i>Amalaki</i>	<i>Embllica officinalis</i> Gaertn.
4	<i>Nimba</i>	<i>Azardirachta indica</i> .A.Juss
5	<i>Kiratatikata</i>	<i>Swertia chirata</i> Roxb
6	<i>Haridra</i>	<i>Curcuma longa</i> Linn.
7	<i>Daruharidra</i>	<i>Berberis aristata</i> Dc
8	<i>Raktachandan</i>	<i>Pterocarpus santalinus</i> Linn.

Properties of Triphaladi Taila Ingredients^[6]

Drug's	Properties					
	<i>Rasa</i>	<i>Virya</i>	<i>Vipaka</i>	<i>Guna</i>	<i>Doshaghnta</i>	<i>Part of use</i>
<i>Haritaki</i>	<i>Lavan varjit pancharasa</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Ruksha, Laghu</i>	<i>Tridoshaghna</i>	<i>Phala</i>
<i>Bibhitaki</i>	<i>Katu, Tikta, Kashaya</i>	<i>Ushna</i>	<i>Madhur</i>	<i>Laghu</i>	<i>Kaphaghna, Pittaghna</i>	<i>Phala</i>
<i>Amalaki</i>	<i>Lavan varjit pancharasa</i>	<i>Sheeta</i>	<i>Madhur</i>	<i>Ruksha, Laghu, sheeta</i>	<i>Tridoshaghna</i>	<i>Phala</i>
<i>Nimba</i>	<i>Tikta</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Ruksha, Laghu</i>	<i>Pittashamaka</i>	<i>Patra</i>
<i>Kiratatikta</i>	<i>Tikta</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Ruksha, Laghu</i>	<i>Kapha-pittashamak</i>	<i>Panchanga</i>
<i>Haridra</i>	<i>Katu, Tikta</i>	<i>Ushna</i>	<i>Katu</i>	<i>Laghu</i>	<i>Kaphashamak, Pittashamak</i>	<i>Kanda</i>
<i>Daruharidra</i>	<i>Tikta, Kashay</i>	<i>Ushna</i>	<i>Katu</i>	<i>Ruksha, Laghu</i>	<i>Kaphapittahar, Pittashamaka</i>	<i>Kanda</i>
<i>Raktachandan</i>	<i>Tikta, Madhura</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Ruksha, Guru</i>	<i>Kaphapittashamaka</i>	<i>Stem</i>

DISCUSSION

The references of *Triphaladi Taila* are found in *Sharangdhar Samhita*. It is commonly indicated in *Arunshika*. Now a day's *Arunshika* is commonly found in daily practice.

In such cases use of *Triphaladi Taila* work- *Haritaki* is *Tridoshaghna*, *Kushthagna*, antimicrobial, antifungal, antihelmentic.

Bibhitaki is pittaghna, krimihar, antifungal, antibacterial.

Amalaki is kushtaghna, tridoshaghna, antioxidant, antifungal.

Nimba is kandughna, vranashodhak, kushtahar.

kiratatikata is kaphapittashamak, vranashodhan.

Haridra is kushtaghna, lekhanika, vranashamak and Daruharidra is kandughna, pittashamak. Raktachandan is kaphapittashamak hence Triphaladi Taila plays important role in arunshika.

CONCLUSION

Triphaladi Taila reference is found in *bhaishajya ratanavali Samhita* in *kshudrarogadhikara*. *Arunshika* is the common disease in clinical practice. In such condition *Triphaladi Taila* plays important role because it possesses kushtaghna, kandughna, vranashodhan, kaphapittashamak, tridoshshamak, properties.

It is necessary to explore the therapeutic use of this formulation for betterment and hence various clinical, experimental studies need to be carried out to prove its efficacy.

REFERENCES

1. Tripathi Brahmananda - 'Sharangdhara Samhita' with Dipika Hindi Commentory Publication of Chaukhamba Surabharti Prakashan, Varanasi, Edition 2011, Madhyam khanda 9/1, 144,145.
2. Dr. Ramakrishana acharyulu, Rasaratnakar, 5th chapter/39-41.
3. Kaviraj shree Ambikadas shastri, Bhaishajyaratanavali publication Chaukhamba Varanasi Prakashan, 39/47-49, 750.
4. Tripathi B, Sharangdhar Samhita of Acharya Sharangdhar-Madhyamkhand, Taila Kalpana, 9/153, varansi, Chaukhamba Surbharti Prakashan, Reprint, 2011; 239.
5. Kaviraj shree Ambikadas shastri, Bhaishajyaratanavali publication Chaukhamba Varanasi Prakashan 39/125, 957.
6. Gogate Vishnu Mahadev, A textbool of Dravyagunavidnyan, Vaidyamita Prakashan, First print, 267,339,445,474,535,597,686,689.