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, Haitaki, 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 thatit cleanses macro and micro circulatory channels known as a “strotavishdhini”[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 EmblicaOfficinalies. It helps in purifying toxins from the body by enhancing food absorption. Eyes are the organ that especially 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 powerful immunity enhancer.[7]

**Triphala : Chakshushya Rasayana**

*Chakshu tejomayam tasya visheshatashlesh-matobhayam*

Eyes are teja- pradhan 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 itsushna 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 predominancy of *dosa* 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 *doshaghnata*, in pitta amalaki. And in vataharitaki increased in triphala respectively.

**Triphala :-**

<table>
<thead>
<tr>
<th>Rasa</th>
<th>Kashaya rasapradhanpancha rasa</th>
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</thead>
<tbody>
<tr>
<td>Guna</td>
<td>Ruksha</td>
</tr>
<tr>
<td>Virya</td>
<td>Ushna</td>
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<tr>
<td>Vipaka</td>
<td>Madhura</td>
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**Doshagnnata :**
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 uttaratantra, among them 11 sadhya, 1 yapa, 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 :**

<table>
<thead>
<tr>
<th>Shuklarma</th>
<th>Pippalyadigutikanjana</th>
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<tbody>
<tr>
<td>Shleshma</td>
<td>strava</td>
</tr>
<tr>
<td></td>
<td>Madhuyuktat riphala kwath prakshalan[9]</td>
</tr>
</tbody>
</table>

**According to Vagbhat :**

<table>
<thead>
<tr>
<th>Krimigranthi</th>
<th>Triphala with madhuprisarana[10]</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pothaki</td>
<td>Triphalakwathparisheka[11]</td>
</tr>
<tr>
<td>Lagana</td>
<td>Triphalasidhahatailanasya[11]</td>
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</tbody>
</table>

**According to Sushruta :-**

<table>
<thead>
<tr>
<th>Klinnavartma</th>
<th>Triphalarasakriyaanjana[12]</th>
</tr>
</thead>
<tbody>
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<td></td>
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</table>

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 rogās:

External / Topical use of Triphala:
Netra prakshalana, netraseka, vidalaka, pindi, ashchyotana, anjana, tarpana, and putapaka comes under bahirparimarjana of netra rogās.

A) Netra prakshalana:

Ocular wash with triphala kwath.

Triphala is having mainly ruksha and ushna properties, hence it can be mainly used in kaphaj abhisheyanda and kaphaj vartmagata rogās like shleshma strava.

B) Netra parisheka:

Therapeutic ocular irrigation in closed eyes from 4 angulāheight[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 rogā like pothaki.

C) Ashchyotana:

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

Ashchyotana with triphalakwath can be used in amavastha of netrarogās. 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 rogās.[17]

E) Anjana:

Application of medicine in conjunctival sac.[18]

Triphala is one of the main ingredients in various formulations of lekhanaanjanja, which is used in klinnavartma, shuklarma like kaphaj netra rogās.

F) Tarpana:

Satiating eye with ghee by retaining it on eyeball and blinking continuously for a stipulated period.[21]

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

Internal use of triphala:

Triphala posses tridosha shamak property, chakshushya as well as good koshtha shodhan, hence it can be used in netrarogās for the purpose of shaman and shodhan. Triphala is used as rasayana in all netra rogās 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 rogās respectively.[22]

Triphala – Yogas:

Famous yogas containing triphala as main ingredient which are used in day to day ophthalmic practice are triphala churna, triphala kwath, 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 healthand manage the kaphaj netra rogās. By adopting triphala as a partofdietic regimen, one can be free from ocular disorders and live a disease free life.

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12. Ambikadatta Shastri, Sushruta Samhita uttaratntra 12[49-50], page no. 64

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