



Preparation and Standardization of *Triphaladi Yoga*

Tablet as a Modified Dosage Form

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Abstract-

Brihatrayi or the three great treatises of Ayurveda are looked up as panacea of Ayurvedic formulations. Out of these, *Charak Samhita* is considered as foremost in treatment of diseases and their prevention. Almost, 2000 drug formulations are compiled in *Charaka Samhita*. Still, it encourages and guides an able physician to make modifications and invention of new drugs suitable for the situation. *Triphaladi Yoga* has been described in *Charak Samhita Sutra Sthana Santarpaniya Adhyaya*. It is a poly-herbal formulation composed of *Amalaki*, *Haritaki*, *Bibhitaki*, *Musta*, *Aragvadha*, *Patha*, *Saptarna*, *Kutaj*, *Madanphala* & *Nimba*. The classical reference suggests its



use in decoction i.e. *Kwatha* form. But, for augmenting patient compliance and shelf life; it was converted to tablet form in the present study. Thus, this study makes an effort in preparation and standardization of *Triphaladi Yoga* tablet as a modified dosage form.

Key-Words:

Triphaladi Yoga, *Triphaladi Yoga* Tablet

Introduction-

Ayurveda, the science of life, is a stream of knowledge coming down from generations since eternity, parallel to

Vedic literature. Two schools of thought viz. *Aatreya Sampradaya* (*Kayachikitsa*) and *Dhanwantari Sampradaya* (*Shalya Chikitsa*) are principal to this science. The most revered treatise from *Aatreya Sampradaya* is *Charaka Samhita*. It is well-regarded as best treatise in faculty of internal medicine i.e. *Kaya Chikitsa*. The *Charaka Samhita* deals with diseases, their causes and above all, their treatment in form of drugs.

Triphaladi Yoga is a formulation described in *Charak Samhita Sutra Sthana Santarpaniya Adhyaya*. It constitutes of *Amalaki*, *Haritaki*, *Bibhitaki*, *Musta*, *Aragwadha*, *Patha*, *Saptaparna*, *Kutaj*, *Madanphala* & *Nimba*. By conceptual review, this formulation seems to be a contender in treatment of *Sthaulya* i.e. obesity; a dreaded disease of present times. The classical reference suggests its use in decoction i.e. *Kwatha* form. Due to fast and busy nature of current lifestyle, many patients are averse to accept *Kwatha*, as it has a time consuming procedure. Thus, a need was felt to convert it into more user friendly dosage form such as tablet form. For this, first a *Kwatha* was made from these ingredients and then converted to tablet form as a modification of *Ghana* preparation process. As, the resultant was compared to *Vati Kalpana*, it was standardized on those parameters.

Materials & Methods-

त्रिफलाख्वधं पाठां सप्तपर्णं सवत्सकम् ।
मुस्तं समदनं निम्बं जलेनोत्क्वथितं पिबेत् ॥
तेन मेहादयो यान्ति नाशमभ्यस्यतो ध्रुवम् ।
च.सू. २३/१०

Triphaladi Yoga is a polyherbal formulation consisting of 8 ingredients.

Table 1- Ingredients of *Triphaladi Yoga*

Sr. No.	Sanskrit Name	Latin Name	Part Used
1	<i>Amalaki</i>	<i>Emblica officinalis</i>	Fruit
2	<i>Haritaki</i>	<i>Terminalia chebula</i>	Fruit
3	<i>Bibhitaki</i>	<i>Terminalia belerica</i>	Fruit
4	<i>Aragwadha</i>	<i>Cassia fistula</i>	Fruit pulp
5	<i>Patha</i>	<i>Cyclea peltata</i>	Root
6	<i>Saptaparna</i>	<i>Alstonia scholaris</i>	Stem bark
7	<i>Kutaja</i>	<i>Holarrhena antidysenterica</i>	Stem bark
8	<i>Musta</i>	<i>Cyperus rotundus</i>	Root
9	<i>Madanphala</i>	<i>Randia dumetorum</i>	Fruit
10	<i>Nimba</i>	<i>Azadirachta indica</i>	Stem bark

A) Collection of raw materials-

The raw materials were procured from local market, after a preliminary identification was made based on Ayurvedic parameters such as Varna (Colour), Gandha (Odour), Ruchi (Taste), Akroti (Shape) and Parimana (Size). The raw material was examined for probable adulterants and foreign matter adhering to its surface was removed. Organoleptic evaluation was used for identification of sensory characteristics like colour, odour, taste, shape, size, texture and fracture. In macro-morphological evaluation, the plants were arranged according to their morphological characteristics and identification of correct part of the plant to be used was done. The plant materials were cleaned using a cloth duster and air blowing to remove minute dust particles. Quantitative analysis of raw material was done for standardization parameters including Total Ash etc. The values were calculated and recorded as within standard ranges.

B) Preparation of *Triphaladi Yoga* -

1. Method of preparation of *Triphaladi Kashay*:

Preparation of *Triphaladi Yoga* was done as per scientific and authentic method according to

Sharangdhar Samhita. *Amalaki* fruit, *Bhibhitaki* fruit *Haritaki* fruit, *Aragvadha* Fruit pulp,

Kutaja stem bark, *Musta* root, *Nimba* stem bark, *Madanphala*, *Patha* root and *Saptaparna* stem

bark were collected. The *Triphaladi Yog* was prepared by using equal quantity of ingredients in

the form of *bharad* powder. Then this *bharad* powder was added into 16 times of water.

The whole preparation was boiled till 1/4th part of the decoction remains. After making it

Luke-warm, the decoction was filtered. Thus, *Triphaladi Kashay* was prepared.

2. Preparation of *Triphaladi Yog Kashaya Tablet*:

For the sake of patient compliance, *Triphaladi Kashay* was converted to tablet form.

Method of Preparation-

The *Triphaladi Kashay* was filtered and concentrated to a thick paste using a vacuum evaporator at a temperature of 53



⁰C. The thick mass was further dried in a tray drier at a temperature not

exceeding than 60 ⁰C. The dried mass was then pulverized to obtain the powder of the *Triphaladi*

Yoga.

The powder (approx 40 kg) obtained was mixed with the required quantity of excipients and also

the binding agents in a mass mixer (To the extract powder 3 Kg maize starch was added as

Powder and 2 Kg starch was added as paste. To this 3 Kg Gum Acacia was added in the powder

form).

The wet mass was dried in a tray drier and granulated in a comminuting mill using No.10 mesh

to obtain the granules. The granules were then lubricated with the required quantity of lubricating

Agents such as Magnesium stearate. The lubricated granules were compressed on a rotary tablet

punching machine to tablets of 8 x 16 mm size. The tablets were packed in appropriate packaging.

Total quantity of drug in one tablet – 250 mg

Total weight of one tablet – 500 mg

C) Standardization of *Triphaladi*

Yoga-

Standardization of tablets was done in as per Pharmacopoeia guidelines.

Triphaladi Yoga was analyzed using various standard physico-chemical parameters such as

Description Colour, Odour, Taste, Average weight, Diameter, Thickness, Hardness, Friability Test,

Disintegration Test, pH, Moisture Content, Ash, Acid Insoluble Ash, Water Soluble Extractive,

Alcohol Soluble Extractive at reputed laboratory. (Table 2)

Table 2- Analytical report for Standardization of *Triphaladi Yoga*

Sr. No.	Test	Result
1	Description	Biconvex Sealcoated Tablets
2	Colour	Greenish Brown
3	Odour	Faint Herbaceous
4	Taste	Bitter
5	Average weight	500 mg
6	Diameter	10.3 mm
7	Thickness	6.6 mm
8	Hardness	3.5 kg/sq m
9	Friability Test	0.12 %
10	Disintegration Test	30 minutes
11	pH	4.4
12	Moisture Content	3.47 %
13	Ash	21.24 %
14	Acid Insoluble Ash	1.57 %
15	Water Soluble Extractive	65.48 %
16	Alcohol Soluble Extractive	26.41 %

Results and Discussion:

Pharmacognostical study reveals authentication of individual raw drugs of Triphaladi Yoga, and quality control parameters were observed. *Triphaladi Yog Ghanvati* is one of the *Kalpa* explained by *Charakacharya* especially for the diseases of *Medowaha Strotas*. It performs both functions – *Medohar* as well as *Vyadhihara*. The conversion of original decoction form to tablet form was to make it Palatable, Easy to handle and administer, Comfortable. Accurate dosage was possible with added advantage of being preservatives-free and having long shelf-life. The standardization of this formulation can be used as evidence and further implemented in other studies. These results can lay down a set of new pharmacopoeial standards for the



preparation of *Triphaladi Yoga* to obtain optimal efficacy of formulation.

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