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"A literature review on "Triphala's Rasayana Karmukata."

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Abstract:

Ayurvedic physicians had formulated the triphala several thousand years back and millions of people used and benefited from this herbal preparation since then. Even today, most medial practitioners consider *triphala* to be the most effective as well as the safest laxative and colon cleanser found anywhere.

Triphala is most popular Ayurvedic herbal formula from India that consists of equal part of three *myrobalans*, taken without seeds: *Amalaki* (*Embllica officinalis*), *Bibhitaki* (*Terminalia Belerica*) and *Haritaki* (*Terminalia Chebula*), with potential anti-cancer properties and is also effective colon cleanser. In addition *triphala* also props up the body's strength. *Triphala* is a Sanskrit term that literally denotes "three fruits". The three herbal fruits of *triphala* endorse internal cleansing, reduce conditions of stagnation and excess and perk up digestion and absorption of nutrients.

Owing to its superior dietary value, *triphala* possesses the capability to cleanse as well as detoxify the deepest organic levels without causing any injury or harm to the body or draining its nutritional reserves. In fact, such unique properties of *triphala* make it one of the most prized herbal preparation worldwide. In India, there is popular adage saying 'A child needs not to worry even he does not have mother as *triphala* will take care of his requirements'. This denotes that *triphala* takes care of the internal body organs, as mother looks after her child. *Triphala* is considered to be the foundation stone of *Ayurvedic* medicine and comprises equal proportions of *Haritaki* (basically stabilizes *Vata*, however, is *tri-doshic*), *Bibhitaki* (provides an equilibrium to *kapha* and *pitta*) and *Amalaki* (provides poise to *pitta* and *kapha*).

In *ayurvedic* medicine, *Amalaki*, biologically known as *Embllica officinalis*, is considered to be a supreme rejuvenator as well as physically potent natural antioxidant. This herbal fruit is also effective in enhancing the immune system and stabilizes the *pitta*. On the other hand, *Haritaki*, known as *Terminalia Chebula*, is regarded as the king of Tibetan medicine. *Haritaki* is standard tonic or natural stimulator for the heart, brain and longevity, *Haritaki* fruit is often portrayed in the extended palm of the Buddha and is known to stabilize *vata*. *Bibhitaki*, is potent bolster that is effective in lessening heart and liver ailments and also enhance the voice, eyesight, endorse hair growth as well as balance *kapha*.

Introduction:

Triphala for weight loss: People suffering from acute obesity are also naturally affected by blocking of the internal organ that helps in eliminating food wastes and toxins from the body. In the other words, critical portliness also has an effect on vital organs such as liver as well as functions like bowels. According to the findings of latest molecular study, triphala has been effectively used in treating obesity traditionally.

Triphala for immunity: Researches have established that triphala posses potent antioxidant agents that significantly helps in normalizing the metabolism of the cells and enable their appropriate functioning. As a result, this diminished the complete hazard of generating free radicals that are said to be primary cause of aging process. This herbal medication also invigorates the accurate performance of cell organelles, such as mitochondria, golgi bodies and nucleus, all of which plays very crucial role in the appropriate operation of cells.

Triphala for controlling diabetes: Traditional practices have proved that triphala is very effective herbal medication to treat diabetes mellitus. The islet of langerhans present in our pancreas

emits insulin. It may be mentioned here that insulin is responsible for preserving the suitable intensity of glucose in the body. In addition, owing its astringent flavor, triphala also recommended for the use in hyperglycemia. However, triphala is likely to reduce the consequence of the inflammatory cytokine secretion in diabetes and this may consecutively diminish the resistance to insulin.

Triphala for blood purification, blood circulation and blood pressure: As triphala has a strong inclination towards micro-organisms, such as bacteria, virus, fungi, they are unable to cause any harm in the body and are turn inactive. Such astringent or caustic aspect of triphala enables it to purify the blood and, at the same time, help in preserving the appropriate density of the blood. Therefore, triphala has proved to be an effective herbal medication in getting rid of all ailments borne by the blood, and hence, also eliminating all skin problems. In addition, triphala has been found to diminish serum cholesterol as well as bring down high blood pressure. This blend of three herbal fruits also enhances the performance of the liver significantly and augments circulation of blood to all parts of the body. At the same time, triphala is capable of providing an extraordinary fortification against all

types of cardiovascular ailments. Triphala also lessens the probability of any type of fat accumulation in the arteries, thereby diminishing the hazards of problems related to the heart that is induced owing to arteriosclerosis.

Triphala in correcting eye disorders: It may be noted that the use of triphala is also widespread for healing ophthalmic ailments. And this also includes the treatment of eye ailments like progressive myopia, conjunctivitis, cataracts as well as the initial stages of glaucoma an eye disease that damages the optic nerves and impairs vision. At times it may also lead to blindness)

Before wrapping up the subject, it needs to be mentioned that the use of triphala, a combination of three herbal fruits, is the most widespread combine used in Ayurvedic literature, he or she will find that the use of triphala fills volume of pages. In addition to being an all-purpose stimulant or tonic, triphala is a mild laxative, serves as a nourishing substance the eyes, skin and liver and is also common detoxifying agent that cleanses the body of all toxins.

Triphala for colon cleansing: According to the findings the recent survey conducted globally, triphala was considered to be most outstanding colon

cleanser available anywhere in the world. In fact all three herbal fruits contained in triphala possess laxative properties and are also effective in getting body rid of all toxins. For centuries, colon cleansing has been known to be an established practice to revitalize the body. Here it is important to mentioned that colon cleansing is actually process by which all toxic substances and decomposed food residue are removed from the wall of intestines. While colon cleansing thwarts colon cancer, other benefits of the practice include divesting oneself of the hemorrhoids, constipation, parasites, acne, flatulence, foul breath and stinking body. In additional colon cleansing is also effective in getting relief from headache, depression, and irritability.

In additional triphala also possesses the property to induce the secretion of the several gastric enzymes that aids in transforming compound foodstuff into more simple digestible variety. Triphala also promotes the peristaltic action of the intestinal lining owing to its anthraquinones and other bitters that also helps in suitable movement of the food at different level of alimentary canal. It may be mentioned here that triphala's advantages for the digestive system make it genuinely very effective herbal medication for the treating the irritable

bowel syndrome (IBS) and ulcerative colitis.

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