



Review Article

A CONCEPTUAL ANALYSIS ON EFFICACY OF *TRIPHALA MADHU GHRITA* IN VISION
ENHANCEMENT

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ABSTRACT

Triphala composed of *Amalaki*, *Bhibhitaki* and *Harithaki* is a *Tridoshic rasayana* known for its rejuvenating properties and effectiveness in preventing and managing eye disorders. Ayurvedic texts emphasize the importance of *Dinacharya* (daily regimen), *Rathricharya* (night regimen), *Sadvritta* (ethical practices) and *Rtucharya* (seasonal regimen) for maintaining health with *Triphala* being a key component in these practices. The combination of *Triphala* with *Madhu* (honey) and *Ghrta* (ghee) has the ability to nourish as well as protect the eyes. *Madhu* with its anti-inflammatory, anti-microbial and antioxidant properties complement *Triphala* by supporting eye health and reducing inflammation. *Ghrta* (ghee) particularly *Go ghrta* (cow's ghee) supports the absorption of active ingredients and nourishes the ocular surface. This formulation has demonstrated potential in preventing cataracts, reducing oxidative stress and improving overall vision. Additionally, the anti-inflammatory and antimicrobial properties of *Triphala* help manage conditions like conjunctivitis and blepharitis. This article explores the therapeutic potential of the combination of *Triphala*, *Madhu* and *Ghrta* in maintaining eye health and preventing degenerative eye conditions particularly age-related issues such as cataracts.

INTRODUCTION

Ayurveda, one of the most ancient system of medicine, continues to demonstrate its enduring relevance and effectiveness in modern times. It advocates for a balanced and healthy lifestyle, which is crucial for preventing disease and promoting longevity. These aspects are addressed under *Swasthavritta* (community medicine) through the principles of *Dinacharya* (daily regimen), *Ratricharya* (night regimen), *Sadvritta* (ethical conduct), and *Ritucharya* (seasonal regimen). Acharya Vagbhata highlights the importance of following these routines

for disease prevention.^[1] He also recommends the use of *Triphala* mixed with honey and ghee to be taken daily at night as *Naimmithika rasayana* (disease specific rejuvenative therapy) to improve the strength of the eyes.^[2] Being a rich source of vitamin C and flavonoids, further enhancing its therapeutic potential. By pacifying all three *Doshas*, *Triphala* is effective in pacifying *Tridoshas*, preventing ocular disorders and thus making it a versatile remedy for maintaining overall eye health.^[3]

MATERIALS AND METHODS

Triphala, also referred to as *Phalatrika*, *vara*, *Sreshtamam* has been a staple in traditional Indian medicine for over a millenium. This potent ayurvedic remedy is a synergistic blend of three powerful herbs- *Amalaki*, *Bibhitaki* and *Haritaki*. Renowned for its diverse health benefits *Triphala* is highly regarded for its effectiveness in enhancing overall well being.^[4]

Table 1: Ratios of Three Fruits in *Triphala* as per Different Acharyas ^[5]

| Acharya | <i>Harithaki</i> | <i>Bibhitaki</i> | <i>Amalaki</i> |
|-----------------------|------------------|------------------|----------------|
| <i>Bhavaprakasha</i> | 1 | 1 | 1 |
| <i>Yogaratanakara</i> | 1 | 2 | 4 |
| <i>Chakradatta</i> | 1 | 2 | 4 |

Table 2: Properties of Triphala^[6]

| | Amalaki | Bibhitaki | Harithaki |
|-----------------------|--|--|---|
| Scientific name | Emblica officinalis | Terminalia bellarica | Terminalia chebula |
| Family | Euphorbiaceae | Combretaceae | Combretaceae |
| English Name | Indian Gooseberry | Belleric Myrobalan | Chebolic Myrobalan |
| Chemical constituents | Glutamic acid, proline, aspartic acid, alanine, and lysine, rich source of vitamin C | Glucoside (bellericanin), ellagic acid, gallic acid, lignans, flavone and anolignan, mannitol, glucose, fructose and rhamnose. | Tannin up to 30%, chebolic acid and gallic acid. |
| Therapeutic uses | Anemia, anorexia, diarrhoea, eye inflammations, hyperacidity, hemorrhage, irritability of bladder, jaundice, leucorrhoea, menorrhagia, spermatorrhoea, weak memory condition and nervine debility. | The fruit is laxative and anthelmintic and is employed for bronchitis, sore throat, inflammation and in diseases of eye, nose, heart, and urinary bladder. On the fresh cuts and wounds, the fine powder is dusted to arrest bleeding. | Anemia, ascites, bleeding piles, heart and bladder diseases, vomiting, eye disease, inflammation, constipation, urinary discharges, and delirium. The ripe fruit are purgative, tonic, carminative and strengthens the brain, eyes and gum. |

Table 3: Rasapanchaka of the drugs^[7]

| Dravya | Haritaki | Bibhitaki | Amalaki | Triphala |
|---------------|--|--|--|---|
| Rasa | Pancharasa | Katu | Pancharasa | Kashaya |
| Guna | Laghu, Rooksha | Laghu, Rooksha | Laghu, Rooksha | Rooksha, Sara |
| Virya | Usna | Usna | Seetha | Anushna |
| Vipaka | Madhura | Madhura | Madhura | Madhura |
| Prabhava | Rasayana | Chedana | Rasayana | Rasayana |
| Dosaghnata | Vata | Kapha | Pitta | Tridoshagna, mainly Kaphapittaghna |
| Karma | Chakshushya, Anulomana, Deepana, Sarvadosha Prasamana | Chakshushya, Kesyha, Kriminasana, | Chakshushya, Vrishya | Chakshushya. Dipana, Ruchya, Vranahara, Medohara |
| Rogaghnata | Vibandha, Swasa, kasa, Prameha, Arsas, Kushta, Netraroga, Agnimandya, Rasayana | Kasa, Netra roga, Kesa vikara, Mukharoga, Mutradosha, Asmari | Prameha, Jwara, Pandu, Kamala, Raktapitta, Hikka, Kasa, Vataraktha | Prameha, Kushta, Vishama Jwara, Netravikara, Agnimandya |

Madhu (Honey)**Table 4: Rasapanchaka of Madhu**

| Properties | Susruta^[8] | Ashtanga Samgraha^[9] | Ashtanga Hridaya^[10] |
|-------------------|------------------------------|--|--|
| Rasa | Madhura | Madhura, Kashaya | Madhura, Kashaya |
| Anurasa | Kashaya | | |
| Guna | Laghu, Ruksha | Guru, Ruksha | Ruksha |
| Virya | Sita | Sita | Sita |
| Vipaka | | | |
| Karma | Tridosha hara | Vatakara, Kaphapitta hara | Vatakara, Kaphapitta hara |

According to Acharya Vagbhata honey is (thirst), *Kapha*, *Visa* (toxicity), *Hidhma* (belching), *Chakshushya* (excellent for the eyes). It is *Chedi* (it curtails solidified elements and fat) and relieves *Trsna* *Raktapitta* (bleeding disorders), *Prameha* (diabetes). *Kustha* (skin diseases), *Krmi* (worms), *Chardi*

(vomiting), *Shvasa* (dyspnoea), *Kasa* (cough), and *Atisara* (diarrhoea). It cleans wounds, promotes abridgement and healing. It increases *Vata*, is *Rūksa* (effects dehydration), *Kashaya* (astringent) and *Madhura* (sweet) in taste.^[11]

Honey incorporates into the *Madhura gana* (sweet in taste) according to *Ashtangahridaya*, one of the ancient Sanskrit texts on Ayurveda medicine. Although, it is in sweet taste it does not increase the *Kapha dosha*.^[12]

Biological Activities of Honey ^[13]

Honey exhibits various biological activities, including antioxidant, antimicrobial, apoptotic, and anti-inflammatory properties. As an antioxidant, honey can help control oxidative stress, both alone or in combination with conventional therapies. Its antimicrobial activity is attributed to factors like enzymatic glucose oxidation, high osmotic pressure, low pH, low protein content, and high levels of reducing sugars, which inhibit bacterial and yeast growth. Honey also induces apoptosis in cancer cells by depolarizing the mitochondrial membrane and increasing pro-apoptotic protein Bax while reducing anti-apoptotic protein Bcl-2. Additionally, the phenolic content in honey contributes to its anti-inflammatory effects by suppressing pro-inflammatory enzymes like COX-2 and iNOS. Honey also enhances immune responses by promoting the generation of various immune cells and has immunopotentiating effects due to nigerooligosaccharides."

Ghrita

According to Ayurveda there are 8 sources i.e., cow, goat, sheep, buffalo, camel etc. *Goghrita* (cow ghee) is considered as best among them. *Goghrita* also contains vitamin A, D, E and K. Vitamin A and K are antioxidants which are helpful in preventing oxidative injury to the body. No other edible fat or oil contains Vitamin A except fish oil.^[14]

DISCUSSION

Triphala is regarded as *Tridoshic rasayana* in Ayurvedic medicine, known for its ability to boost immunity and support longevity. *Ghrita* has *Pitta-vata-samana* properties. It is particularly effective in managing eye disorders, as the eyes are primarily governed by *Pitta*, and *Vata pratilomata* is the root cause for various ailments. Similarly, *Madhu* is a *kapha-Samana* agent, making it highly beneficial for treating eye conditions, as the eyes are situated in a *Kapha sthana*, and most *Netra rogas* originate from *Abhishyanda*. This formulation is recommended to be consumed at night, aligning with the concept of *Oushadhakala*, which emphasizes night time administration of medicines for *Oordhwajathru gata rogas* (diseases affecting region above neck).^[15]

Triphala is also believed to support the health of retinal cells, aiding in the maintenance of clear vision, further establishing this combination as an optimal choice for ocular health.

Triphala has demonstrated potential as an anti-diabetic formulation, thus helping to prevent hyperglycemia-induced complications such as retinopathy.^[16] It exerts hypoglycemic effects by inhibiting digestive enzymes alpha-glucosidase and alpha-amylase thus inhibiting the breakdown of carbohydrates into glucose. It reduces glucose absorption and lower blood glucose levels by inhibiting glycolytic enzymes.^[17] The tannin content in the *Triphala* extract effectively inhibit protein glycation in vitro thus preventing damage to vital tissues that leads to complications such as nerve damage or blindness.^[18]

Oxidative stress plays a significant role in the development of eye diseases such as cataracts, macular degeneration, and diabetic retinopathy. *Amalaki*, a rich source of vitamin C and flavonoids which are powerful antioxidants, plays a key role in ocular function, maintains the health of cornea and lens and reduce the risk of cataracts.^[19] A study demonstrated that *Triphala* significantly boosted glutathione levels in the eye lenses of mice with induced cataracts. Additionally, *Triphala* has been shown to enhance the activity of key antioxidant enzymes within the lens, including superoxide dismutase, catalase, and glutathione peroxidase.^[20]

Studies have shown that *Triphala* extracts exhibit broad-spectrum antimicrobial activity, effectively acting against antibiotic-resistant bacteria such as *Escherichia coli* and *Staphylococcus aureus*.^[21] In addition to its antibacterial properties, *Triphala* also demonstrates notable antifungal activity, with in vitro studies reporting up to 37.96% inhibition of *Aspergillus* species growth. These properties prevent infections like conjunctivitis, blepharitis and other fungal eye infections. Its ability to fight pathogens may reduce the risk of eye related infections and maintain overall ocular hygiene.^[22]

Inflammation is a key underlying factor in numerous eye conditions including dry eye syndrome, uveitis and age-related macular degeneration. *Triphala's* anti-inflammatory properties helps to alleviate ocular irritation, reduce swelling and minimize discomfort and thus lowers the risk of developing chronic inflammatory eye disorders.^[23] Research has shown that *Triphala* significantly lowers inflammatory markers. In one study, *Triphala* extract was proved to be more effective than the nonsteroidal anti-inflammatory drug (NSAID) indomethacin in reducing arthritis and inflammatory effects.^[24] Additionally chebulagic acid a key component of *Triphala* has been found to inhibit COX and 5-LOX

which are two major enzymes involved in process of inflammation and carcinogenesis.^[25]

Triphala has demonstrated anticataract effects by enhancing the activity of antioxidant enzymes increasing glutathione (GSH) levels, and reducing lipid peroxidation in response to selenite induced oxidative stress. Previous research has shown that flavonoids, known for their antioxidant properties prevent oxidative damage and slow the progression of selenite induced cataracts.^[26]

Triphala's antimicrobial and anti-inflammatory properties help to support healthy tear production, reduce the risk of dry eye syndrome, maintains corneal surface's integrity and enhance overall eye comfort.^[27]

Ghrita, recognized as a *Yogavahi* substance in Ayurveda, significantly enhances the efficacy of other herbal formulations. Its unique ability to promote digestion, absorption, and targeted delivery to specific organ systems is essential for optimizing therapeutic outcomes. When combined with active ingredients, *Ghrita* aids in their easier digestion and absorption. These lipophilic properties help transport the active ingredients directly to their intended organs, aligning with the lipid structure of cell membranes. This characteristic, known as *Yogavahi Guna*, ensures that the formulation efficiently penetrates cells and reaches critical cellular structures, including mitochondria, microsomes, and the nuclear membrane. An example of this is the use of *Triphala* with *Ghrita* as an adjuvant. Additionally, cow's ghee is rich in vitamin A, which supports eye health by maintaining the integrity of epithelial tissue, keeping the eyeball moist, and helping prevent blindness. Ghee is also beneficial for dry eyes, nourishing the ocular surface and helping alleviate dryness and irritation.^[28]

Honey has natural anti-inflammatory properties, which may help reduce swelling or irritation in the eyes, possibly offering relief from cataract-related symptoms. It has immune-potentiating activities. *Acharya Vagbhata* has also mentioned that it is excellent for eyes. It is used as a base to enhance the absorption or effectiveness of other herbal treatments, such as *Triphala*, which is often recommended for its antioxidant and detoxifying properties for eye health.

The synergistic combination of this three enhances the therapeutic efficacy of the formulation, making it a more powerful treatment than any single component used alone. This unique blend is particularly beneficial in preventing and managing early-stage cataracts. The primary ingredients- *Triphala*, which includes *Amalaki*, *Haritaki*, and *Bibhitaki*- are known for their adaptogenic, antioxidant, and anti-cataract properties, contributing to its effectiveness in promoting ocular health. This *Naimittika Rasayana* effects improve overall quality of

life and help delay the degenerative changes associated with aging, particularly in eye health. Its *Chakshushya* (eye-nourishing) property offers protective and restorative benefits, further supporting the health of the eyes. These rejuvenating properties play a crucial role in preventing the onset and progression of cataracts, while its additional health benefits make it invaluable for maintaining healthy vision.^[29]

CONCLUSION

Triphala possesses *Tridoshasamaka* properties, making it effective in alleviating all types of *Netra Vikaras* (eye disorders). Ancient Acharyas have emphasized the use of *Triphala* formulations for treating *Drishtigata Vikaras* (vision-related conditions). With its *Kashaya Rasa* (astringent taste) and *Vatahara* properties, The *Anupana* (vehicle substance) used in this formulation enhances its efficacy, offering tailored benefits based on the predominant *dosha* imbalance. Additionally, *Triphala churna* taken with *Madhu* and *Ghrita* provides a rejuvenating effect, particularly beneficial in managing immature cataracts.

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