



## Research Article

## Pharmacodynamics of Triphala

**Dr. Niharika Mishra<sup>1\*</sup>, Dr. Ritunanda Tripathi<sup>2</sup>, Dr. Sadhana Mishra<sup>3</sup>, Dr. Nitin Urmaliya<sup>4</sup>,  
Dr. Priti Hardeniya<sup>5</sup>**

<sup>1</sup>Assistant Prof., Dept. of Kayachikitsa, IES University, Bhopal, Madhya Pradesh, India

<sup>2</sup>Assistant Professor, Dept of Kriya Sharir Man Sarovar Ayurveda Medical College Hospital and Research Center, Bhopal, Madhya Pradesh, India

<sup>3</sup>Assistant Professor, Dept. of Kayachikitsa, IES University, Bhopal, Madhya Pradesh, India

<sup>4</sup>Associate Professor, Dept. of Agadatantra, Govt. Ashtang Ayurveda College, Indore, Madhya Pradesh, India

<sup>5</sup>Asst. Professor, Dept. of Rasa Shastra evam Bhaishajya Kalpana, Govt. Ashtang Ayurvedic College, Indore, Madhya Pradesh, India

**Corresponding Author:** Dr. Niharika Mishra\*

**DOI:** <https://doi.org/10.5281/zenodo.16788815>

### Abstract

As per *Ayurveda*, diet or drug is considered ideal for the treatment of the disease. So A drug is useful in specific conditions and situations, so the selection of drug is to be made by the propriety of its administration and therapeutic needs. For the lucid treatment of the disease, it is essential to have a thorough understanding of the drug's mode of action, its effects, and probable adverse effects on various bodily systems. Different drugs have different potentialities to prevent several types of diseases. In *Ayurveda*, special drug for many diseases is Triphala. So, In this research paper, Triphala is one of them. So this paper aims to present the details of Triphala.

### Manuscript Information

- **ISSN No:** 2583-7397
- **Received:** 09-06-2025
- **Accepted:** 25-07-2025
- **Published:** 10-08-2025
- **IJCRM:** 4(4); 2025: 475-477
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- **Plagiarism Checked:** Yes
- **Peer Review Process:** Yes

### How to Cite this Article

Mishra N, Tripathi R, Mishra S, Urmaliya N, Hardeniya P. Pharmacodynamics of Triphala. Int J Contemp Res Multidiscip. 2025;4(4):475-477.

### Access this Article Online



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**KEYWORDS:** Dravya, Triphala, Ayurveda, Tridosahara, Rasayana

### 1. INTRODUCTION

The term “*DRAVYA*” is derived from “*Dru – Gatou*” *Dhatu*. Any substance which can be known by its *Rasa*, *Guna*, *Virya*,

*Vipaka* etc. is called *Dravya*. *Ayurveda* is the eternal and sanctified science of life, “*Trisutra*” viz. *Hetu* (Aetiology), *Linga* (Symptomatology) and *Aushadha* (Therapeutics) are the three basic principle of this science. *Ayurveda* emphasized the

importance of the drug by including the *Aushadha* in *Trisutra*. *Aushadha* is also portrayed as one of the four pada among the *Chikitsa Chatushpada*. According to *Acharya Charaka*, “There is nothing in the world which does not have therapeutic utility

in appropriate conditions and situations.” The drug has also got place in the *Dasavidha Pariksha Bhava* of *Charaka*.

## Material and Methods

Ayurvedic view of Triphala.

So, details of Triphala are as follows –

Table 1: Showing Pharmacodynamics of Triphala

Drug Name	Rasa	Virya	Vipaka	Guna	Karma
Haritaki	Madhura, Amla, Kashaya, Tikta, Katu	Ushna	Madhura	Ruksha Laghu	Tridosahara
Vibhitaki	Kashaya	Ushna	Madhura	Laghu, Ruksha	Kapha and Pittahara
Amalaki	Madhura, Amla, Katu, Tikta, Kashaya	Sheet	Madhura	Guru, Ruksha	Tridosahara

## Triphala:

Table 2: Showing Ayurvedic properties of Triphala

Doshaghната	Tridosha Shamaka
Guna	Ruksha, Sara
Karma	Chakshusya, Deepana, Vrishya, Pramehaghna, Kushtha and Vishama Jwara Nashaka, Medohara.
Rasa	Kashaya
Vipaka	Madhura
Virya	Anushna

Table 3: Classification of Triphala according to different Samhita and Nighantu

Charaka Samhita	Virechanopaga Mahakashaya, Jwarhar Mahakashaya, Kashaya Skandha
Sushruta Samhita	Mushakadi Gana, Parushakadi Gana, Mustadi Gana, Triphala Gana, Amalakyadi Gana, Kashaya Skandha
Ashtang Hridaya	Virechana Gana, Parushakadi Gana, Mushakadi Gana, Mustadi Gana
Ashtang Samgraha	Virechanopayogi Dravyas, Jwarahara Mahakashaya, Parushakadi Gana, Mushakadi Gana, Mustadi Gana
Dhanvantari Nighantu	Guduchyadi Gana, Mishrakadi Gana
Shodhala Nighantu	Guduchyadi Gana
Kaidev Nighantu	Aushadhi Varga
Madanpal Nighantu	Abhyadi Varga
Raj Nighantu	Mishrakadi Varga, Audhabhida Gana
Bhavprakash Nighantu	Haritakyadi Varga
Priya Nighantu	Haritakyadi Varga
Nighantu Adarsh	Haritakyadi Varga
Dravyaguna Vigyan	Rasayana Varga And Chednadi Varga

Table 4: Action of Triphala described in various Ayurvedic Samhitas

Action	Charaka	Sushruta	Vagbhatta	Bhavaprakash	Harita
Rasayana	+	+	+	-	-
Kaphapittaghna	+	+	+	+	+
Deepana	-	+	-	+	+
Ropana	+	-	+	-	-
Mehaghna	+	+	+	+	-
Vishamajwar nashaka	-	+	-	+	+
Netrarogaghna	-	+	+	+	-
Medohara	+	-	+	-	-
Kushthaghna	-	+	+	+	+
Kleda nashaka	-	-	+	-	-
Vranashodhana	-	-	-	-	+
Varnadayini	-	-	-	-	+
Kanduhara	-	-	-	-	+
Yoni gulma shaman	-	-	-	-	+

## CONCLUSION

- Triphala is poly herbal formulation having *Panchrasa* except *Lavana*, *Anushnashita* and *Tridosahara* property. It is predominantly having *Ruksha Guna* which pacifies vitiated *Kapha* and *Meda*, the main culprits of disease *Sthaulya*.

- Udavartana* with *Triphala Churna* showed very good efficacy in treating symptoms of *Sthaulya*.
- Triphala Churna* of particle size 100mm can be used to obtained satisfactory result of *Udavaratana* and adverse effects like skin rashes can be avoided.
- Triphala* is also useful for many diseases and it acts like a *Rasayana*.

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