

## Critical Review Of Various *Triphla* Formulations For Ocular Health: A Literary Research

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### Abstract

Triphla is a great formulation described in Ayurveda texts by our ancient sages in past. It has a lot of uses for body wellness. It contains *Embelica officinalis* (Amla), *Terminalia chebula* (Haritaki) & *Terminalia bellirica* (Bahera) in equal quantities. It can be used as internal and external application for body as very fine powder and coarse powder as per the requirement of the Ayurvedic procedures. It is content of various Ayurvedic formulations. It helps to improve our digestive fire. If digestive fire of body is normal then all the Dhatavagnies will function normally which leads to proper production of all the Doshas, Dhatu & Mala of our body for a healthy life. In case of Eye diseases Majja Dhatu formation is disturbed which the result of disturbed metabolism. While kosta aids in the proper excretion of waste materials, Jatharagni aids in the proper digestion and assimilation of consumed food as well as the proper operation of other types of Pitta-metabolic factors, particularly Alochaka pitta (rods and cones functional entity) in the eyes. The longevity, health, and diseasefree life are maintained by the proper operation of these two systems Several combinations of medications that work on both the aforementioned systems were explained by ancient Ayurveda experts. In this article we will discuss about only ocular health in case of Triphla.

**Keywords:** Ayurveda, Diseases, Metabolism, Ocular, Triphla.

### INTRODUCTION

#### Eye Anatomy: Parts of the Eye outside the Eyeball

The orbit is a protective bony socket in which the eye rests. The eye is connected to six extraocular muscles in the orbit. These muscles allow the eye to be rotated as well as moved up and down and side to side.

The sclera, the white portion of the eye, is where the extraocular muscles are connected. About the whole surface of the eyeball is covered by this dense layer of tissue.

#### The Surface of the Eye

A transparent membrane known as the conjunctiva covers the exterior of the eye and the interior surface of the eyelids.

The layers of the tear film keep the front of the eye lubricated.

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Tears have three layers and lubricate the eye. The tear film is the collective name for these three layers. The conjunctiva produces the mucous layer. The lacrimal gland produces the watery portion of tears. The lacrimal gland of the eye is located in the orbit, behind the outer brow, away from the nose. The oil that is a component of the tear film is produced by the meibomian gland. The tear duct allows tears to exit the eye.

### **The Front of the Eye**

The cornea, the transparent, dome-shaped front part of the eye, is where light is focused into the eye. The anterior chamber is the region behind the cornea that contains fluid. The substance is known as aqueous humour. Aqueous humour is continuously produced by the eye. Aqueous humour also drains from the eye in a region known as the drainage angle in order to maintain a consistent eye pressure. The lens is located directly behind the pupil. Light is directed towards the retina by the lens. To aid the eye in focusing on close-up objects, the lens adapts its shape. The lens capsule is suspended from the eye wall by a network of tiny fibres known as zonules. The lens capsule, which protects the lens when it is removed during cataract surgery, surrounds the lens. Several types of intraocular lens replacements are placed inside the capsule, where the natural lens once resided. The cornea and the lens both contribute significantly to our ability to see clearly by aiding in the focus of light as it enters the eye. In actuality, the cornea and lens together account for 70% of the eye's focusing power. Between the lens and the retina is the vitreous cavity. The cavity is filled with vitreous humour, a jelly-like material. The retina, the light-sensitive tissue lining the back of the eye, receives light that is directed into the eye by the cornea and lens after passing through the vitreous. Our finely tuned, central vision is provided by the macula, a small but extremely specialised region of the retina. Our peripheral (side) vision is provided by the peripheral retina, which is the other portion of the retina. Photoreceptors are unique cells found in the retina. Light is converted into energy by these cells, which is then sent to the brain. Rods and cones are the two different types of photoreceptors. Rods are responsible for seeing in the dark and for night vision. Cones offer centre (detail) vision and colour perception. Through the optic nerve, the retina transmits electrical impulses of light to the brain. Millions of nerve fibres make up the optic nerve, which sends these impulses to the visual cortex, the area of the brain in charge of human vision.<sup>1</sup>

### **Triphla in different diseases**

***Kaphapittajabhishyanda Triphlapinidika prokta naashne Shaleshpityo:***

***Pishtva kanjiktoyen ghrithhrishta ch pindika ||***

Amalgamate with *Kanji*, fry in *Ghritha* & then apply in the form of *Pindika*. It pacifies *Kaphapittajabhishyanda*.<sup>2</sup>

***Raktabhishyanda Triphlalodhrayastibhih sharkrabhadrmustkaih ||***

***Pishtkaih sheetambuna seko raktabhshyandnashan |***

Dip *triphla* in water till required. Filter and give fomentation to eyes. It will pacify *Raktabhishanda*.<sup>3</sup>

### **Dhatriadi Varti**

***Dhatrykshpathyabeejani ekdwitrigunani ch |***

***Pishtva varti jalaih kuryadnanm dwirrenukm ||***

***Netrstraavm haratyaashu vaatrakrujm tatha |***

Take *amla* seeds 1 part, *bahera* seed 2 parts and *harar* seed endocarp 3 parts , triturate with water and make *Varti* (suppository) . Use it as *Anjana Karma* (applying on lower lid margins of eyes). It pacifies eye discharge & gout pain within a short period of time.<sup>4</sup>

### **Churnanjana**

#### ***Agnitaptam hi sauveeram nishinchyet triphlarasaih ||***

Red hot *Sauveeranjana* (Antimony sulfide) on fire and the quench it in *triphla* juice & human female milk 7 times each respectively. Make it a soft paste . Apply on lower lid margins of eyes daily. It is used for all eye diseases.<sup>5</sup>

#### ***Manahshiladyanjan Manahshila devkaastham rajanyo triphlaosnam |***

#### ***Lakshalashunmanjishthasaindhavelah smakshikah ||***

#### ***Rodhram saavarkm churnamayasam tamaramev ch |***

#### ***Kaalanusarsarivanchaiv kukutanddlaani ch ||***

#### ***Tuliani paysa pishtva gutikaam kaaryed budhah |***

#### ***Kandutimirshukalarmraktrajyaupshantye ||***

Take *manshil* (Arsenic disulphide) , *devdaru* (Deodar cedar), *haridra* (*Curcuma longa*), *daruhridra* (*Berberis aristata*), *triphla*, *marich* (*Piper nigrum*), *laakh* ( *Laccifer lacca*), *lahsungiri*(*Syzygium aromaticum*), *manjistha*( *Rubia cordifolia*), *saindha* ( Rock salt), *ela* (*Elettaria cardamomum*), *swarnmakshik bhasma* (Pyrite ash), *lodhra* ( *symplocos racemosa*), *loh bhasma* (Iron ash), *tamra bhasma* (Copper ash), *tagar* (*Valeriana wallichii*), *kukutandtwak* (Egg shell powder) all in same quantities , make a very fine powder. Make tablets after triturating with cow's milk. Store in air-tight glass container. Pacifies *kandu*(itching), *timir* (blurring of vision), *shuklarma* ( pterygium), redness in eyes.<sup>6</sup>

### **CONCLUSION**

It is clear from the above discussion that *triphla* is used in various eye diseases safely in *ayurveda* since ancient times. It is used as decoction, suppository and tablet forms. *Anjana Karma* (collyrio procedure) is always done with the help of *Anjana Shalaka* ( collyrio rod). Melt lead metal and quench it in juices of *triphla*, *bhringraj* ( *Eclipta prostrate*) & *shunthi* ( *Zingiber officinale*) respectively. Then similarly quench it in ghrita, cow urine, honey & goat milk. Rods made with the help of this lead metal pacifies all the eye diseases.<sup>7</sup>

**Conflict of Interest:-** None

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