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Triphala - The Sanctifying Medicine To Human Domain: A Review

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ABSTRACT

The current review focuses on a well-known, oldest, natural, polyherbal, ayurvedic drug Triphala Churna, its phytochemical constituents and pharmacological & clinical benefits. Triphala is used in Indian traditional ayurvedic system of medicine. According to Ayurvedic Formulary of India, it is prepared by combining three ground myrobalans called as Emblica officinalis Gaertn, Terminalia bellirica Gaertn, and Terminalia chebula Retz mixed in the ratio of 1:1:1. It is found to be used worldwide on various vernacular names and is considered as a purging medicine based on its pharmacological effects for various kinds of interventions. Primarily, it is used in the interventions of diabetes including diabetic nephropathy and diabetic retinopathy, constipation, gum diseases, hypercholesterolemia, ulcer, geriatric diseases etc. The main phytochemical constituents present in Triphala are tannic acid, gallic acid, ellagic acid, chebulinic acid, flavonoids, polyphenols etc. This recap of Triphala shows indigence for more exploration in the domain of clinical evolution.

Keywords: *Triphala*, Ayurveda, Diabetes, Gallic acid.

INTRODUCTION

Triphala means three fruits. It is a 2000-year-old conventional ayurvedic herbal drug. It can be administered to all age groups because ingestion of *Triphala* is reckoned to be assuaged to human body [1]. Thence, an endeavor has been made, to sum up, the superfluous spectacular effectiveness of three fruits. *Triphala* is a standout amongst the most flexible ayurvedic medication utilized as a part of India. *Triphala* is local to the Indian subcontinent and comprises equivalent amounts of three myrobalan fruits taken without seed, in particular, Amalaki (*Emblica officinalis* Gaertn/ *Phylanthus emblica* Linn), Bibhitaki (*Terminalia bellirica* Gaertn), and Haritaki (*Terminalia chebula* Retz). It is an Ayurvedic herbal composition that has global invigorating powers and is gainful for an expansive scope of illnesses. As far back as 1500 BC, *Triphala* has immeasurable references in antediluvian India in Sushruta Samhita. Howbeit, surrogate vantages of this herb are much more crucial. It contains five of the six tastes perceived in Ayurveda (sweet, sour, bitter, pungent and astringent) solitarily missing the salty taste. *Triphala* is relegated as a "tridoshic rasayana", implying that the energetics is relevant for body humors Vaata, Pitta, and Kapha for a wide range of patients [2].

LITERATURE REVIEW

Constituents of *Triphala*

Amalaki or Amla

Amla, also known as Indian gooseberry, is identified botanically as *Emblica officinalis Gaertn and also Phyllanthus emblica Linn.* In Sanskrit, it is also called as Dhatri (the nurse) distinguished due to its incredible healing properties. It is consumed in various forms, from pickles and preserves to yogurt coalesced with amla fruit powder [3]. Amla is as well the most fertile natural source of vitamin C in the form of ascorbic acid containing 600 mg per 100 grams in an easily edible form. Amla is a super food made up of over 80% water and it has very less calories. It has manifested to be an efficacious herbal medicine for the intervention and hindrance of eye disease, cancer, digestive problems, and diabetes. It also functions as diuretic, liver tonic, restorative and anti-inflammatory. It also comprises of protein, fiber, phosphorous, iron, carotene and vitamin B complex and gallic acid according to the Indian Council of Medical Research.

Botanical description

"*Emblica officinalis Gaertn* is an elegant tree typically a height of 18 m – 30 m. It disrobes in fragile flakes similar to that of guava tree and has reasonably pale greyish-brown smooth bark. It is deciduous, shedding its twigs as well as its leaves. Flowers are belittled, not salient, greenish-yellow which are gestated in covenant bunches in the angles of the lower leaves. Occasional

trees are dioecious unremarkably male flowers bechance at the lower end of a growing twig with the female flowers over them. The oblong miniature leaves are only 3 mm wide and 1.25-2 cm length, coupled on very lithesome twigs which gives a deceptive notion of exquisitely pinnate leafage. The acaulescent fruit is round or oblate, stretching from the stem to the apex, indentured at the base and smooth with 6 to 8 blanch lines, occasionally sparsely apparent as ridges giving the visual aspect of being fractioned into sections or loops. The fruit is light green at first then becomes whitish or a dull, greenish-yellow. Seldom has the fruit become brick red as it matured. It is tenacious and laborious to the touch. The skin is flimsy, translucent and disciple to the very crunch, voluptuous, concolorous flesh. Small seeds are solidly engrafted in the center of the flesh. Fruits collected are in the range 5 cm in width in India. Ripe fruits are astringent, enormously acidic and few are distinctly bitter. It is frequently adverted as an evergreen tree since it is rarely solely unsheathed [4] (Figures 1-3).

Figure 1: *Emblica officinalis Gaertn* tree.

Figure 2: Fresh fruit of *Amla*.

Figure 3: Dried fruit of *Amla*.

Haritaki or Harada

The botanical name is *Terminalia chebula* Retz. It is conceived as one of the most significant ayurvedic herbaceous plant whilst it has an astringent and unpleasant taste [5]. Harada has been used widely for many centuries in both Ayurvedic and Tibetian

medicine. It is named as “king of medicine” in Tibetan medicine. Many delineations of the healing form show a handful of Haritaki. It is a potent anti-fungal, anti-bacterial as well as antiviral and also it is anti-inflammatory. It turns down the blood sugar levels and enhances insulin sensitivity. It is a best redressal for skin problems, for hair loss and dandruff. It also treats constipation, dementia and diabetes.

It is believed to have:

- A variety of positive health effects on the heart & brain.
- It decreases stomach acidity and guards against ulcers.
- It reduces the risk of developing stomach ulcer because of antioxidant property of gallic acid and ellagic acid in it.

Botanical description

It is a deciduous tree which is medium-sized up to 25 m tall with spreading branches. Its bark is dark brown usually longitudinally alligatored with arboreous scales. Twigs are rusty-villous or hairless. Leaves are obtuse to subacute at vertex, alternate or opposite, thin, ovate or unsubdivided, rounded at the stem, pubescent underneath leafstalk up to 2 cm long, piled with two glands at the steam of the blade. Flowers are in wing shape with 5-7 cm length spindles, simple or branched about 4 mm, yellowish-white and displeasingly odorous. Fruit is yellow to orange-brown when ripe, obviate or oblong-ellipsoid drupe, 2.5-5 cm length, weakly 5-angular [6] (Figures 4-6).

Figure 4: *Terminalia chebula* tree.

Figure 5: Fresh fruit of *Haritaki*.

Figure 6: Dried fruit of *Haritaki*.

Bibhitaki or Baheda

The botanical name is *Terminalia bellirica* and it is strong laxative herbaceous plant. By nature, it is astringent, sweet and also heating. It is a restorative to "Kapha" and is believed to amend conditions of vitiated voice [7]. Baheda is a potent ancient rejuvenator with detoxifying calibers on the body muscles, blood, and tissues with fat in the body. It treats diabetes [8], high blood pressure, & rheumatism. Bibhitaki is extremely feasible with circumstances necessitating redundant mucose tissue in the system and is also beneficial for featured bone formation.

Botanical description

It is a boastfully deciduous tree, up to 50 m magniloquent with an unbent clean trunk up to 20 m length with a diameter of 2 - 3 m, braced with prominent bark which is blueish or ash grey. It has vast delicate longitudinal cracks with inside yellowish. Flowers have long spike and are in axillary about 3 - 15 cm length, 6-7 mm across, yellowish. The young branches are gook initially obtusely sericeous (Figures 7-9). Leaves are coiffed in spirals or herded at the ends of the twigs which are generically

oviform about 4 - 20 cm × 2-11 cm. The leaves are wedge-shaped at stem, rounded or obtuse at apex. The leafstalk is 2 – 5 cm long (Tables 1 and 2). Fruit a sub-global to broadly spheroidal with 2 - 3.5 cm length, minutely stipulated at stem, dumb and very delicately puberulent. The exocarp is firm. The endocarp is sclerenchymatous [9] (Figures 10 and 11).

Figure 7: *Terminalia bellirica Gaertn* tree.

Figure 8: Fresh fruit of *Bibhitaki.*

Figure 9: Dried fruit of *Bibhitaki.*

Table 1: Taxonomical classification of *Triphala.*

Common Name	Haritaki	Bibhitaki	Amalaki
Latin Name	*Terminalia chebula Retz*	*Terminalia bellirica Gaertn*	*Emblica officinalis Gaertn*
English Name	Chebulic Myrobalan	Belleric Myrobalan	Emblic myrobalan
Kingdom	Plantae	Plantae	Plantae
Subkingdom	Tracheobionta	Tracheobionta	Viridiplantae
Superdivision	Spermatophyta	Spermatophyta	Spermatophyta
Division	Magnoliophyta	Magnoliophyta	Angiospermae
Class	Magnoliopsida	Magnoliopsida	Dicotyledonae
Subclass	Rosidae	Rosidae	Rosidae
Order	Myrtales	Myrtales	Geraniales
Family	Combretaceae	Combretaceae	Euphorbiaceae
Genus	*Terminalia*	*Terminalia*	*Emblica*
Species	*chebula*	*bellirica*	*officinalis*

Table 2: Organoleptic characters of *Triphala* [10,11].

Common Name	Haritaki	Bibhitaki	Amalaki
Latin Name	*Terminalia chebula Retz*	*Terminalia bellirica Gaertn*	*Emblica officinalis Gaertm*
Color	Dark brown	Yellowish brown	Yellowish green
Odor	Characteristic	Aromatic	Aromatic
Consistency	Hard	Hard	Hard
Taste	Astringent & acidulous taste	Astringent	Sour
Dose	3 – 6 gm of powder	3 – 6 gm of powder	10 – 20 gm of powder/ 5 – 10 ml of juice
Part used	Fruit	Fruit	Fruit
Types	Vijaya, Rohini, Putana, Amrita, Abhaya, Jivanti, Chetaki, Kalika, Pathya, Jaya, Haimavathi*	Globular fruit, ovate & larger fruits	Banarasi, Chakaiya, Francis, wild himalayan

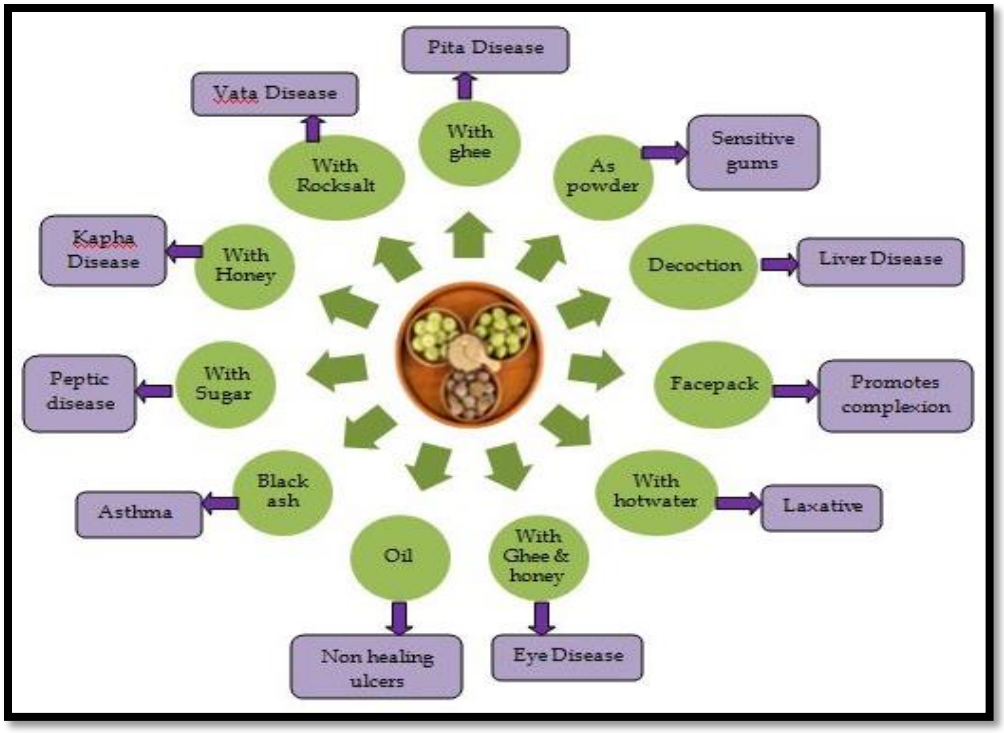

Figure 10: Versatile effects of *Triphala* [12].

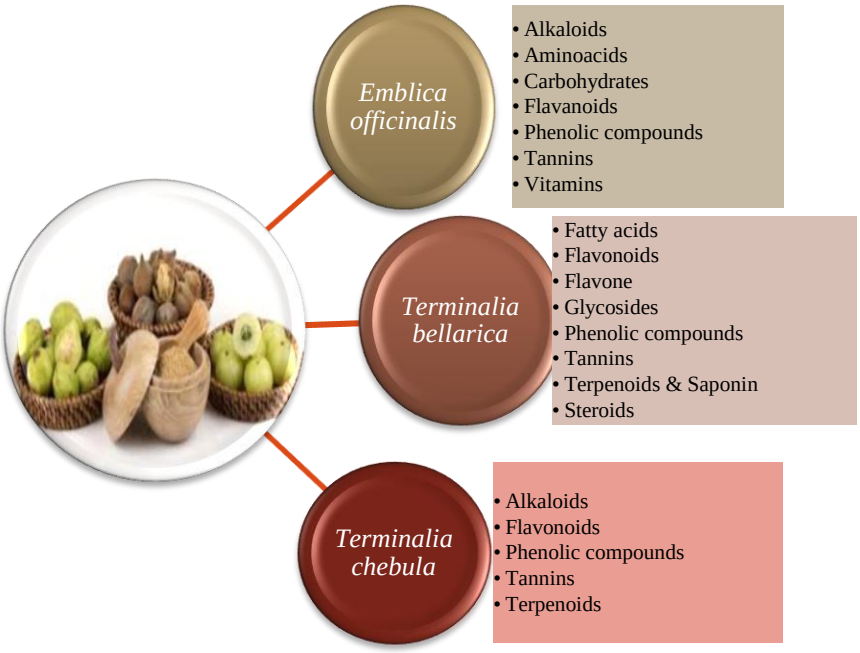

Figure 11: Phytochemical constituents of *Triphala*.

DISCUSSION

Substantial health benefits of Triphala

Oral diseases

Because of its anti-oxidant properties, when mixed with honey it helps in healing mouth ulcers [13]. Dental plaque accumulation and gingivitis can be prevented by using 0.6% of *Triphala* Mouthwash which is extremely efficacious [14]. Citric acid which acts as a chelating agent is rich in *Triphala* facilitates in remotion of smudge layer for root canal irrigation [15]. According to the Sushruta Samhita, *Triphala* can be used as a gargling agent in dental diseases. 0.6% *Triphala* mouthwash has evidenced to have substantial anticaries activity when compared to that of chlorhexidine without owning disfavors as staining of teeth and economically low cost and there was no manifest of remineralization of tooth structure [16]. *Triphala* mouth rinse, when compounded with scaling and root planning, demoed a crucial decline in the plaque, gingival, and oral hygiene exponents without any manifestation of staining of teeth.

Anti-bacterial efficacy

Mouthwashes with 6% *Triphala* practiced twice a day turned down the enumeration of oral streptococci 17% at the end of 48 hrs and 44% at the end of 7 days. *Triphala*'s action is closely linear to that of "Gold Standard" of drug chlorhexidine [17]. When assessed by disc diffusion method, *Triphala* extract 50% and 100% showed an average zone of inhibition of 4.8 mm and 7.9 mm [18].

As anti-cancer agent

The anti-proliferative and proapoptotic effect of *Triphala* turns down the growth of cancer cells and human colon cancer stem cells. Specifically, when it comes to prostate cancer cells, the gallic acid in *Triphala* shows anticancer activity [19]. Contemplates have also depicted that *Triphala* is an anticipating powerful anticancer drug which spares normal cells but kills the tumor cells [20]. *Triphala* wields an antineoplastic effect breast, prostate, colon, and pancreas cancer cell lines. It is also evoked that apoptosis induction may have mediated reduced tumor growth in the excised tumor tissue from *Triphala*-fed mice when compared with that of the controls [2].

Laxative and colon cleanser

The studies indicates that *Triphala* extract is an efficacious, secure, and non-habit forming herbal laxative for dealing the constipation [21]. In excretion process, Bibhitaki drags the old mucous off the wall, amla endures intestinal revivify, and haritaki fortify the intestinal brawns to contract more expeditiously when the bowels postulate to move. Furthermore, it curbs

anthraquinones that facilitate in accelerating vermiculation [13]. *Triphala* was ascertained to have effective laxative property facilitating in the management of hyperacidity and also improved appetite. No contrary issues were remarked when compared to normal patients evidencing that *Triphala* can be used efficaciously in the intervention of constipation and other gastric troubles. To evaluate the quantity, oftenness, and consistency of feces including the variations of odor, mucous, turgidness, burping, and abdominal pain, after thorough testing, 160 patients of age between 16 – 52 years were chose for 45 days objective consideration [22].

Weight Loss

The reports depicted that individuals of *Triphala* group went through substantially larger decrement in weight and in waist and hip perimeter as compared to the control group [23]. The statistical estimation executed on 15 patients who were diagnosed as obese at every interval of 15 days after acquiring *Triphala* recorded estimable effect in cutting down the weight [24].

Lowers cholesterol

Triphala assists to abridge cholesterol grades and arterial plaque. Inquiry established that Bibhitaki assists to suppress atherosclerosis plaque advancement [25]**.** Consumption of *Triphala* at 1 gm/kg body weight daily for 48 days engendered substantial step-down in cholesterol, LDL, & VLDL [26]. The substantial drop-off in total cholesterol, triglyceride, and VLDL may be on account of diminution in engrossment of cholesterol. Oral consumption of Haritaki accounted to enhance gastric emptying time might be the cause of diminished absorption. It is arrogated that Amalaki, one of the elements of *Triphala* has versatile biological functions such as amended digestion, amended liver function and hepatoprotective [27].

Diabetic management

It acts as a medical blessing at various stages and in perplexed phases of diabetes mellitus [28]. Consumption of *Triphala* extract about 100 mg/kg body weight thinned out the blood sugar in normal & in diabetic-induced rats substantially in 4 hours [29]. *Triphala* powder along with honey demonstrated more beneficial effect in diabetic patients [30].

Diabetic nephropathy

Triphala is found to be majorly efficacious in bettering the kidney routines and decelerating the procession of diabetic nephropathy particularly with strict diet restriction and regimen when used in a total of 130 patients [31].

Eye diseases

Triphala also delays or forbids selenite-induced experimental cataractogenesis *in vitro* and *in vivo* perhaps due to antioxidant activity [32]. *Triphala* avails in conservation of tissue and elevates the reclamation of tissue and forecloses foster chronic modifications of the retinal tissue [33]. The cogitation about the efficaciousness of *Triphala* in the management of blepharitis has breakthrough with prognosticating consequences in the simplification of signs and indications of blepharitis [34].

Radioprotective effects of *Triphala*

Research studies have reasoned out that *Triphala* may aid forestall and overrule DNA impairment and mutagenesis. The prevention of DNA impairment is significant given that it is frequently an inducting upshot in carcinogenesis. Research in animal models and *in vitro* has depicted that *Triphala* is efficacious in forbidding mutagenesis induced by both chemical- and radiation-induced damage. In animal models, *Triphala* intervention reduced radiation-induced mortality by 60% in mice fed *Triphala* for only 7 days before whole-body gamma-irradiation [2].

Anti-aging effects of *Triphala*

Triphala extract demoed substantial free radical salvaging activity on hydrogen peroxide-induced cell damage and senescence [2]. *Triphala* is one of the most, well-studied Ayurvedic formulations, and experiments have established it to possess free radical scavenging, immunomodulatory, antimutagenic, prevention of DNA damage, and adaptogenic activities [35].

Increase in absorption and bioavailability of food and drugs

Several factors, including variability in herbal source, processing, bioavailability, digestion, and absorption of herbal components cause the true efficacy of herbaceous plants on human health to be extremely varying [2].

Anti-ulcer activity

Triphala unequal preparations and Chinnodbhavadi kwath proved substantial antiulcer activity and this is observable from reduction of ulcer index, lipid peroxidation, and hydroxyl radical levels and consequently raised levels of catalase and superoxide dismutase. Though similar sort of activity was ascertained in *Triphala* equal preparations, the magnitude was much less [36].

Against stress

Triphala can be correlated to the prevention of cold stress-induced oxidative stress. Consumption of *Triphala* (1 g/kg/body weight/48 days) prevents cold stress-induced oxidative stress and elevation in LPO and corticosterone levels. The antioxidant property of superoxide radical scavenging activity of *Triphala* employing xanthine and xanthine oxidase activity exhibited that in addition to reacting with superoxide radical [37].

In wound healing

Collagen sponges integrated with *Triphala* when practiced to heal wounds shewed enhanced thermal stability, water consumption capacity, quicker wound occlusion, & meliorated tissue reformation [38].

In arthritis

Triphala (1 g/kg/body weight) was ingested in arthritis-induced rats and was assessed for its anti-arthritic effect against indomethacin (3 mg/kg/body weight). Grades of glycoproteins, lysosomal enzymes, tissue marker enzymes, and paw thickness increased in arthritis-induced animals [38]. Gallic acid, a major polyphenol in *Triphala*, has antioxidant property. Terminalia chebula, one of the components of *Triphala*, was shown to be a potent hyaluronidase and collagenase inhibitor that prevented degradation of cartilage [10].

Analgesic and anti-pyretic

The probable mechanism of analgesic action of *Triphala* could be due to the hindrance of the effect or the discharge of the endogenous content that energize pain nerve ending alike to NSAIDs. *Triphala* at both the dose levels of 500 mg and 1000 mg/ kg body weight produced excellent analgesic and antipyretic effect without gastric issues [38].

Anti-collagenase activity

Triphala has impregnable repressing activity in oppose to PMN-type collagenase, particularly matrix metallopeptidase 9 at a 1500 µg/ml concentration which is comfort in between the safety limit of toxicological studies [39].

Action in gut microbe

Triphala-induced welfares in elderly and persons of all ages perhaps raised by co-administration of particular probiotic kinds. So, probiotic preparations comprising of bacterial species are capable of arbitrating the enhanced digestion, bioabsorption, and bioactivity of *Triphala* [2].

Geriatric diseases

Triphala owns inviolable anti-oxidant and anti-inflammatory properties which perhaps can antagonize the two most crucial causes of aging, namely inflammation and oxidative stress. *Triphala* can thence be reckoned as a potential device to hold up aging, as well as the onset of age-related unwellness such as Alzheimer's disease, stroke, cardiovascular disorders, osteoporosis, cancer, osteoarthritis, degenerative diseases of the eye, and peripheral arterial disease [10] (Table 3).

Table 3: Vernacular names [4,6,9,39].

Language	***Emblica officinalis Gaertn***	***Terminalia bellerica Gaertn***	***Terminalia Chebula Retz***
Arabic	Amal, Amlaj, Ambliy	baleeq, balilaj	Halilaj, halela kabuli, halela siah, halela zard, kabli, har siah
Assamese	Aam Lokhi, Sohmyrlain	Bhomora, Bhomra, Bhaira,	Silikha, Hilikha
Bangladesh	Aamalki	Bahera	Haritaki
Bengali	Amolki, Aonla, Ambolati	Taida, baheda	Haritaki, hartaki
Chinese	An Mole	Pi li le	He Zi
Combodia	Ngop, Karn lam, Kam lam ko	Sramar pipheek	Sa mao tchet
English	Emblica Myrobalam, Indian gooseberry	Beleric Myrobalan	Chebulik myrobalan
Filipino	Nelli	Beleric Myrobalan	Chebulic myrobalam
French	Phyllanthe Emblic	M/yrobalan belleric	Myrobalan noir
German	Amlabaum, Gebrauchlicher	belerische myrobalane	Chebulische Myrobalane, Rispiger Myrobalanenbaum
Gujarathi	Ambla	Bahedam, Baheda	Hardo
Hindi	Amla, Amlika, Aonla, Anvurab	Bahera, bahirda, banera, behara, deshi-badam, sagona, veda	Harad, Harara, harar, harara, harash, harb
Indonesia	Kimalaka	aha; ketapang; sana	Manja lawai
Kannada	Nellaka, Nelli Kayi, dadi, dhanya	Shanti, Shantikayi, Tare, Tarekayi, aakaashamara, tenthe, thaaremara	alalai, alalaykoy, alalc-kayi, alale, alale kaayi, haraekayi, hareethaki
Kashmir	Aonla	Babelo, Balali	Halela
Malayalam	NeliKayi, Nellimaram	Tanni, Tannikai, tusham, adamarutha	Manja puteri, kadukka, kadukkai, katuikka, katukka, katukkaya, kayastha, kodakka, kodorka, putanam

Malaysian	Popok Melaka, laka	jelawai; mentalun; simar kulihap	Buah kaduka
Marathi	Avla, awla, avil, aouli	Baheda, gotimg, goting, hela, sagwan, vavara, vela	habra, hardi, hirada, hirda
Myanmar	Zi-byu	Thitsein	Mai-mak-na, Mai-man-nah, Mana, Myrobalan, Panga, Phan-kha, Thankaungh
Nepalese	Amla	barro	Harro, Jangalii harro, Thuulo harro
Oriya	Anlakuli	Baheda, Bhara	Harida.
Persian	Aamlah, Ameloh, Amuleh	baleela, balilah	halelaj, halelaj asfer, halelaj aswad, halelaj kabuli, halilah, halilahe-siyah, halilahe-zard
Portuguese	Mirabolano Emblica	mirabolano belérico	mirabolano quebúlico
Punjabi	Aula, amla	Bahera	Har, Halela, Hurh, Harrar
Sanskrit	Dhatri-phala, Amla, Amalaki, Amalakan, Sriphalam, Vayastha, Amaraphalam, Akara, Adiphala, Amrito	Vibhita, Aksa, Aksaka, Bibhitaki, Karshaphala, Bhootavasa, kalidruma, kaliyugalaya	amogha, amritha, amruta, balya, bhishagvara, balya, bhishagvara
Tamil	Nelli	Thanakkai, Tanri, tanrikkai, Tani	Kadukkay, aivi, aiyam,
Telugu	Usirikaya	Tannikkaya, Vibhitakami, Tani, taadi, bhoothavaasamu, bhutavasamu	alsikaayi, haimavati, nellakaraka, recaki, resaki, shringitiga, sringitiga, sryngitiga
Thai	ma-kham-pom, ma-khaam pom	haen; haen-khao; haen-ton; samo-phiphek	Samo thai
Tibetan	Skyu-ru-ra	ba ru ra, ba-ru-ra	a bar, a ru, a ru ra, a-ru-ra
Urdu	Anwala, Amlaj	bahera, baleela, balela, poast bahera, poast halila zard	Haejarad, bahera, haleela, halela
Vietnamese	chùm ruot, me rừng, chu me, me man	bang hoi; bang moc; nhut	Chieu lieu xanh

CONCLUSION

Everywhere throughout the world, plant-inferred drugs are encompassingly used as a functional food for elemental social insurance. Exploration in conventional plants has appended a redundant assiduity owing to spontaneous untoward encroachment of the other therapeutic frameworks which may extend to grievous knottinesses. The salubrious gander is in and fittingness has turned into a religion faith for the current genesis. So is the asinine swigging of subsidiary nutritional dosage forms to nurture and avow their physique. As a matter of fact, concording to medical reference those supplements may be even turn out to be deadly forever. Rather on the off chance that they pick the natures items, they would profit tremendously as well as can slice cost to purchase those unpleasant pills to awesome degree.

Amla is an endowment of universe to human race. It is an essential constituent of the ayurvedic and unani scheme with astounding medicinal characteristics. Amla is a heavenly herb and one of the valuable blessings of nature to human race. In Sanskrit, Amla is unfeignedly delimitated as an ambrosia fruit, fruit of paradise, the sustainer fruit, and also the fruit where the Goddess of Prosperity Resides. In Hindu religious folklore the tree is adored as the Earth Mother as its natural product is thought to be so nitrifying to the human race.

Terminalia bellerica is broadly utilized in Ayurveda, Siddha and Chinese scheme of medication. In traditional Indian Ayurvedic practice of medicine, Beleric is known as "Bibhitaki". In Sanskrit this tree is called as Vibhita and Vibhitaka. By virtue of its restorative properties, the tree bears the Sanskrit name of Anila-ghnaka or wind-killing.

Terminalia chebula is a regularly devoured herbaceous plant utilized in Indian traditional medication. Traditional doctors have utilized the herbaceous plant to treat numerous sicknesses and its properties admit for its gastroprotective effects. Haritaki is utilized as a instinctive cleansing agent of the stomach, working of liver and colon, digestive tonic, antidiabetic and enhancing the resistance of body.

The significant curative efficaciousness of *Triphala* cannot be underrated on intervention of different sicknesses. The officinal properties of *Triphala* are more probable for regaling legion of illnesses. It is said to be a substitute for mother's concern in old Tamil literatures. The compounding of the two surges of intervention will exploit unitedly for fundamental and overall welfare of the patient. It is efficacious in the intervention of general wellbeing with no contrary effects and assists in potency, prophylactic, handiness and ensuring across treatment thus can be striven for different therapeutic issues. Thus, it is a sanctifying medicine to the human race.

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