

# TRIPHALA RASAYANA AUSHADHA: AN AYURVEDIC REJUVENATIVE FORMULATION FOR KAYAKALPA AND LIFE MANAGEMENT

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## ABSTRACT

Triphala Rasayana is one of the most revered polyherbal formulations of Ayurveda, widely prescribed for rejuvenation, detoxification, and longevity. Composed of three fruits—Amla (*Emblica officinalis*), Haritaki (*Terminalia chebula*), and Bahera (*Terminalia bellirica*)—Triphala acts as a balanced Rasayana capable of pacifying all three Doshas. It plays a pivotal role in Kayakalpa therapy, an Ayurvedic rejuvenation science aimed at arresting cellular degeneration, improving immunity, and restoring vitality. This review elaborates the classical Ayurvedic attributes, phytochemical composition, pharmacological actions, therapeutic applications, seasonal administration, safety profile, and life-management benefits of Triphala. By integrating traditional Ayurvedic principles with contemporary biomedical insights, the article establishes Triphala Rasayana as a safe, effective, and holistic formulation for preventive and promotive healthcare.

**Keywords:** Triphala, Rasayana, Kayakalpa, Dravyaguna, Life Management, Rejuvenation

## INTRODUCTION

Ayurveda emphasizes *Swasthasya Swasthya Rakshanam*—maintenance of health—as much as the treatment of disease. Rasayana Chikitsa represents a unique therapeutic branch dedicated to rejuvenation, longevity, immunity enhancement, and resistance against aging and disease<sup>1</sup>. Among all Rasayana formulations, Triphala holds a supreme position due to its simplicity, safety, and versatility.

Triphala literally means “three fruits” and is composed of Amla (*Emblica officinalis*), Haritaki (*Terminalia chebula*), and Bahera (*Terminalia bellirica*)<sup>2</sup>. Unlike single-drug Rasayana, Triphala acts as a *Tridoshahara* formulation, making it suitable for long-term administration across diverse physiological constitutions.

Classical Ayurvedic texts describe Triphala as *Chakshushya*, *Deepana*, *Rasayana*, and *Vayasthapana*<sup>3</sup>. Modern scientific investigations have further validated its antioxidant, immunomodulatory, antidiabetic, cardioprotective, and adaptogenic properties<sup>4–6</sup>.

## CONCEPT OF KAYAKALPA AND ROLE OF TRIPHALA

Kayakalpa is the Ayurvedic science of rejuvenation and biological transformation, derived from Kaya (body) and Kalpa (metamorphosis). It focuses on delaying senescence, enhancing tissue regeneration, and maintaining youthful vitality<sup>1</sup>.

Kayakalpa operates through three fundamental stages:

1. **Shodhana (Purification):** Removal of accumulated toxins and metabolic wastes
2. **Poshana (Nourishment):** Rebuilding tissues with nutrient-rich formulations
3. **Rasayana (Rejuvenation):** Sustaining vitality, immunity, and longevity

Triphala serves as a **bridge between Shodhana and Rasayana**, simultaneously detoxifying the gastrointestinal tract and nourishing bodily tissues<sup>3</sup>. Its regular use enhances Ojas, improves digestive fire (Agni), and ensures optimal tissue metabolism (Dhatu Poshana).

## COMPOSITION OF TRIPHALA

Triphala is composed of three fruits in equal proportion:

Amla (*Emblica officinalis*)

- **Primary Dosha Action:** Pitta Shamaka
- **Life Management Effects:** Enhances immunity, improves skin and hair health, supports vision, and delays aging

Haritaki (*Terminalia chebula*)

- **Primary Dosha Action:** Vata Shamaka
- **Life Management Effects:** Promotes digestion, detoxification, cognitive clarity, and longevity
- Revered as “*Abhaya*” and “*King of Medicines*” in Ayurveda<sup>3</sup>

Bahera (*Terminalia bellirica*)

- **Primary Dosha Action:** Kapha Shamaka
- **Life Management Effects:** Supports respiratory health, lipid metabolism, and sensory organs

Together, these three fruits ensure **Tridoshic balance**, making Triphala suitable for all Prakriti types<sup>2</sup>.

#### AYURVEDIC PROPERTIES (DRAVYAGUNA PERSPECTIVE)

Parameter	Description
<b>Rasa</b>	Predominantly Kashaya with Amla, Tikta, Madhura undertones
<b>Guna</b>	Laghu, Ruksha
<b>Virya</b>	Ushna (Haritaki & Bahera), Sheeta (Amla)
<b>Vipaka</b>	Madhura
<b>Doshaghna Karma</b>	Tridoshahara
<b>Karma</b>	Rasayana, Deepana, Rechana, Chakshushya

This balanced pharmacodynamic profile explains Triphala's adaptability in both detoxification and nourishment<sup>3</sup>.

#### PHYTOCHEMICAL COMPOSITION AND PHARMACOLOGICAL BASIS

##### Amla – Medicinal Significance

Amla is one of the richest natural sources of Vitamin C (600–1300 mg/100 g), stabilized by tannins such as emblicanin A and B, preventing oxidative degradation<sup>4</sup>.

It also contains:

- Polyphenols: Gallic acid, ellagic acid
- Flavonoids: Quercetin, kaempferol, rutin
- Minerals: Iron, calcium, chromium

##### Core Pharmacological Activities

- **Antioxidant:** Scavenges free radicals, enhances mitochondrial efficiency
- **Cardiovascular Support:** Reduces LDL, triglycerides; increases HDL
- **Antidiabetic:** Improves insulin sensitivity and  $\beta$ -cell protection<sup>5,6</sup>

#### THERAPEUTIC APPLICATIONS OF TRIPHALA

##### Digestive Health

Triphala acts as a mild laxative (*Rechana*), regulates bowel movements, improves gut flora, and prevents constipation<sup>3</sup>.

##### Metabolic Regulation

Triphala helps regulate lipid metabolism, body weight, and blood glucose levels, making it useful in obesity and

diabetes<sup>6,7</sup>.

##### Skin and Blood Purification

Its *Raktashodhaka* action makes it effective in acne, eczema, and other skin disorders.

##### Ophthalmic Use

Triphala decoction is traditionally used as an eye wash (*Netra Prakshalana*) for reducing eye strain and improving vision<sup>3</sup>.

#### ADMINISTRATION AND SEASONAL VARIATIONS

Triphala can be administered as:

- **Churna:** Most commonly used
- **Tablets/Capsules:** Convenient modern forms
- **Decoction:** For external and ophthalmic use

Seasonal variations are advised based on Dosha predominance—mixed with honey in Kapha season, ghee in Vata season, and sugar in Pitta season<sup>3</sup>.

#### SAFETY PROFILE AND DRUG INTERACTIONS

Triphala is generally safe for long-term use; however:

- **Anticoagulants:** May increase bleeding risk<sup>8</sup>
- **Iron Absorption:** High tannins may reduce iron absorption
- **Pregnancy:** Not recommended due to mild laxative effect

#### LIFE MANAGEMENT AND PREVENTIVE BENEFITS

Triphala contributes significantly to:

- Digestive harmony and immunity
- Metabolic balance and weight control
- Stress adaptation and mental clarity

- Visual health and delayed aging

Its adaptogenic nature makes it ideal for modern lifestyle disorders<sup>6–8</sup>.

### CONCLUSION

Triphala Rasayana stands as a classical yet contemporary Ayurvedic formulation that effectively supports Kayakalpa therapy, life management, and preventive healthcare. Its Tridoshic balance, Rasayana action, and proven pharmacological benefits validate its role as a safe, economical, and holistic health promoter. Integrating Triphala into daily regimen under professional guidance can significantly enhance quality of life and longevity.

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