



International Journal of Research in Academic World



Received: 14/June/2024

IJRAW: 2024; 3(7):137-139

Accepted: 20/July/2024

Comprehensive Review Article on Triphala Guggulu

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Abstract

The rich cultural legacy of Ayurveda medicine. The safe, stable, and effective dose forms and medications of traditional Ayurvedic treatment are listed in textbooks. For their superior therapeutic value, doctors and patients are beginning to favor Ayurvedic medications. Guggulu Kalpana is one of the formulas utilized both externally and internally to treat a variety of diseases that are listed in Ayurvedic classics. This formulation is well-liked, safe, and efficient for reducing Tridosha, especially Vata dosha. Among the guggulu kalpana that are commonly employed in vranashodhana and vranaropana karma are triphala guggulu. According to the Sharangdhara Samhita, triphala guggulu is indicated in bhagandara, gulma, shotha, arsha, vatarakta, kushta, and other ailments. The official Ayurvedic Formulary of India recommends triphalaguggulu vati for the treatment of hemorrhoids, anorectal fistulas, fissures, etc. This is a five-ingredient polyherbal concoction. This research work aims to investigate dosages of Triphala guggulu vati, as well as how to create, use, and define anupan of a specific medicine.

Keywords: Ayurveda, health, guggulu kalpana, triphala guggulu

Introduction

Several formulas have been mentioned in Ayurvedic writings for the treatment of Shotha, Arsha, Gulma, and Bhagandar. A widely used formulation that is mentioned in the Sharangdhar Samhita is Triphala Guggulu. The same-named formulations had previously been referenced in works by Ras Ratnakar and Chakradutt. While Chakradutt mentioned Triphala guggulu in Vranashotha, Ras Ratnakar suggested it in Vata Vyadhi ^[1].

The name "Gunjo vyadhe gurdati rakshati" for Guggulu translates to "relief from many ailments." The antiseptic, antibacterial, astringent, antispasmodic, and drug-carrying qualities of Guggulu are well documented ^[2]. It has been shown by science to have hypolipidemic and anti-inflammatory properties. Guggulu is never advised in its pure form as a stand-alone remedy in traditional texts ^[3]. Therefore, it should always be taken in combination with other herbal medications, such as those found in formulations like Kanchanara Guggulu, Yograja Guggulu, Kaishore Guggulu, Abha Guggulu, Triphala Guggulu, or Trayodashanga Guggulu ^[4]. Guggulu is present in 50% of some Guggulu kalpana, such as Trayodashang Guggulu and Kanchnar Guggulu; however, Guggulu is present in less than 50% of other Guggulu formulations, including Gokshuradi Guggulu and Vatari Guggulu ^[5].

Triphala powder is made from the powdered extracts of three fruits: Vibhitaki (*Terminalia bellirica*), Haritaki (*Terminalia chebula*), and Amalaki (*Embllica officinalis*). Churnas

(powders) are used to make Gutikas (tablets) in order to increase shelf life ^[6]. It is applied to the treatment of elevated blood cholesterol, coronary and arterial plaque, and atherosclerosis. When a tablet comprising guggulu and other ingredients is administered, the oleo gum resin of the *Commiphora wightii* plant functions as a binder ^[7]. Many Guggulu kalpas, such as Punarnava, Shatavari, and Triphala guggulu kalpas, as well as polyherbal preparations created by Sompaka, Suryapaka, and Analpaka vidhis, are described in Ayurveda. In different Guggulu kalpas, half the ingredients are other ingredients and half are Guggulu. Sharangdhar Samhita is the primary source of Guggulu Kalpana's references; he has discussed it under Vati Kalpana ^[8]. There are a large number of commercial polyherbal anti-inflammatory formulations which are using Guggulu as the chief ingredient.

Triphala Guggulu is one such recipe. Several old literature were searched for references to Triphala Guggulu. It is a typical formulation that is frequently used to treat a variety of illnesses ^[9]. The principal constituents are Amalaki, Haritaki, Vibhitaki, Pippali, and Guggulu. It has been connected to several illnesses and discussed in a lot of literature. Yogratanakar's "Triphala Guggulu" formulation for Vidradhi, Naadi Vrana, Bhagandar, and Gandmala also contains the same constituents. For these medicinal situations, Triphala Guggulu and Triphala Ghrita are also suggested by Gadanigraha ^[10].

Table 1: Ingredients & proportion of drugs of Triphala guggulu ^[11, 12]

S.no.	Ingredient	Botanical Name	Part Used	Proportion	Ayurvedic Properties
1.	Haritaki	<i>Terminalia chebula</i> Retz.	Fruit	1 part	Rasa-Pancharasa (Lavan varjit)
					Guna-laghu, Ruksh
					Virya-Ushna
					Vipaka-Madhur
					Doshkarma-Tridoshar Specially Vaathar
2.	Vibhitaki	<i>Terminalia bellirica</i> Roxb.	Fruit	1 part	Rasa-Kashaya
					Guna-laghu, Ruksh
					Virya-Ushna
					Vipaka-Madhur
					Doshkarma-Tridoshar Specially Kaphahar
3.	Amalaki	<i>Emblica officinalis</i> Gaertn.	Fruit	1 part	Rasa-Pancharasa (Lavan varjit)
					Guna-laghu, Ruksh, sheet
					Virya-Sheeta
					Vipaka-Madhur
					Doshkarma-Specially Pittahar
4.	Pippali	<i>Piper longum</i> Linn.	Fruit	1 part	Rasa-Katu
					Guna-Laghu, Snigdha, Tikshna
					Virya-Anushansheeta
					Vipaka-Madhur
					Doshkarma-Kapha-Vatahar
5.	Guggulu	<i>Commiphora mukul</i> (Arnott) Bhandari	Gum resin	5 part	Rasa-Katu, Tikta
					Guna-Laghu, Ruksha, Tikshna
					Virya-Ushna
					Vipaka-Katu
					Doshkarma-Kapha-Vatahar

Shodhana of Guggulu

Guggul underwent a visual examination to check for foreign objects. Using a mortar and pestle, the size was decreased to 44 mesh. Before being utilized in additional research, the powders of hitaki, Amalaki, and bibhitaki were also run through sieve number 44. Powders of Amalaki, haritaki, and bibhitaki were weighed equally and combined. After treating the powder mixture as one part, sixteen parts of distilled water were added to it. Boiling the combination reduced its volume to one-eighth of what it had initially been. A muslin cloth filter was used to filter it. The filtrate was used for guggul shodhana and was known as triphala quath.¹³ Guggul was manually removed as much as possible, and any foreign biological matter was chopped into small bits. After thoroughly mixing the guggul and warm triphala quath in a 1:8 ratio, the mixture was left to stand for a full day. The blend was passed through a muslin cloth filter. Shodhit guggul was made by collecting the filtrate and evaporating the water in an oven set to no more than 60°C. Shodhit guggul had an 80% yield ^[14].

Method ^[15, 16]

- Initially, triphala kwath was used for Guggulu shodhana, along with finely powdered substances.
- The churnas of the drugs except shodhita guggulu mentioned in table no 1 above were mixed in khalwa yantra to obtain a homogeneous mixture.
- In the interim, the specified amount of shodhita guggulu was thoroughly ground and combined with the remaining medications.
- Lastly, a clean khalwa yantra with the drug mixture triphala kwatha bhavana was delivered.

- Afterwards, once the drug mass reaches the required consistency, half of the finished product is used to make tablets, and the remaining portion is pulverized and employed in analytical research.
- These pills and powder were later dried in a shade and stored in a suitable airtight plastic container as Triphala guggulu.

Discussion

In the Brihatrayi, Guggulu is mentioned from a variety of perspectives, including Raspanchak, Matra, Sevana Kala, and Yogavahi Guna. Because of its action as Tridosha Shamaka (mitigation of Tridosha) and Rasayana Karma, various Guggulu Kalpana are used in most cases of Vatavyadhi (disease due to Vata dosha), Obesity, Hyperlipidaemia, Osteoarthritis, Metabolic and degenerative disorder of connective tissue and joint problem, etc. Triphala guggulu is a blend of triphala and guggulu, which has anti-inflammatory and antibacterial properties. Triphala also improves the patient's digestion and has modest laxative properties in addition to healing the tissue. As stated in the Sharangdhara Samhita, it is one of the traditional Ayurvedic formulas. *Emblica officinalis* (Amla), *Terminalia chebula* (haritaki), *Terminalia bellerica* (vibheetaki), *Piper longum* (long pepper), and *Commiphora mukul* (guggul) were the ingredients of the Triphala guggul pills. Triphala is widely recognized for its ability to heal wounds. It also relieves inflammation in the mucous membrane and aids in preventing new infections.

Conclusion

Among the most well-known Ayurvedic anti-inflammatory herbs is guggul. Triphala facilitates loose stools and eases

constipation, which is a common issue for hemorrhoidal patients. Because of the qualities of Vata shamak, Shothahara, Vatanulomana, Amahara, and Vrana Ropaka, Piper longum aids in the digestion and absorption of food nutrients. One of the greatest oral treatments for hemorrhoids is triphala guggul.

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