Madhura Triphala – A Review

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ABSTRACT

The concept of Triphala in the literature of Ayurveda is famous. With the term Triphala we should take Haritaki, Bibhitaki and Amalaki.[1] In classics another group of three drugs mentioned with the name Madhura Triphala (sweet fruits), such as Draksha, Kashmarya and Kharjura. These are also called as Madhuradi Triphala, because they are predominated by Madhura Rasa (sweet taste). This group is predominated by Madhura Rasa (sweet taste), Sheeta Veerya (cold in potency) and Madhura Vipaka (undergoes sweet metabolic changes) and it will act as Balya (strengthening), Brahmaneeya (nourishing), Rasayana (rejuvenator), Vajeekarana (aphrodisiac). Hence it may used as food supplement along with medicine in the management of diseases.

Key words: Madhura Triphala, Draksha, Kashmarya, Kharjura.

INTRODUCTION

The term Triphala in Ayurvedic literature usually used to indicate Haritaki, Bibhitaki and Amalaki.[1] In classics another group of three drugs mentioned with the name Madhura Triphala. It is a group composed of sweet taste in it and is called as Madhura Triphala. They are as Draksha (Vitis vinifera Linn.), Kashmarya (Gmelina arborea Linn.) and Kharjura (Phoenix dactylifera Linn.). This also called Madhuradi Triphala.[2] This group has following properties.

REVIEW OF DRASKHA:

It is commonly known as grapes and botanically identified as Vitis vinifera Linn. belongs to the family Vitaceae. It is a perennial, large, deciduous, tendril climber. Leaves are simple, petiolated, bifid, orbicular-cordate, five lobed, wavy margins, glabrous and obtuse. It has panicle cyme inflorescence. Flowers are complete, regular, bisexual and green. Fruit is berry bluish green consist 2-4 pear shaped seeds. It is also called as Gosthani, Mrudvika, Harahura. Draksha phala is the useful part in it. It is used in the form of wet and dry fruit. The dry fruit is commonly called as ‘Mannuka’. It has different Rasapanchaka (property) other than the Draksha. Draksha is Madhura (sweet) and Amla Rasatmaka (sour taste). It has Sara (slimy), Guru (heavy), Snigdha (unctuous) and Mrudu (soft) Gunas. It will act as Svarya (good for throat), Shruthshinamootarakaraka (increases the quantity of urine and faecal matter), Vatanulomanakaraka (carmiantive), Vrushya (aphrodisiac), Ruchya, Pitta Virechaka, Santarpana Karaka, Chakshushya, Brihmanakaraka and Snehopaga (which enhances the properties of Snehana Dravya). It is used to treat Kasa (cough), Raktapitta (bleeding disorders), Jvara (fever), Svasa (dyspnoea), Trusha (excessive thirst), Daha (burning sensation), Kshaya Vika (Emaciation), Netraroga (eye diseases), Shukradaurbalya (seminal disorders).[3]
KASHMARYA

Gambhari is commonly growing plant every ever in India known as Kashmarya. It belongs to Verbinaceae family. It is botanically known as Gmelina arborea Linn. It is also known as Gambhari, Bhadraparni, Shriparni, Madhuparnika, Kashmiri, Kashmarya, Pitarohini, Krishnavrunda, Sarvatobhadra, Madhuras, Mahakubhi. It is a beautiful tree found commonly in Kashmir. It is large deciduous tree grows upto 60ft. height. Bark is greyish outside and yellow inside. Young branches are tomentose and quadrangular. Phyllotaxy opposite, leaf is simple, petiolated, ovate-cordate, tip is acuminate, margin- entire, upper surface is glabrous and lower surface is pubescent. Inflorescence- Axillary panicle cyme. Flowers are complete, regular, bisexual and brownish yellow. Fruit – single seeded drupe, green when unripe and turns to yellow after ripening. Its root, root bark, fruit and leaves are used in medicine. Here in Madhura Triphala the fruit of Gambhari is used, hence the Rasapanchaka of its fruit are taken into consideration. It has Madhura, Amla, Kashaya Rasa (Astringent taste), Snigdha Guna, Sheeta Veerya and Madhura Vipaka. It will act as Brimhana (nutrient), Vrushya (aphrodisiac), Keshya (good for hairs), Rasayana (rejuvenator). It is indicated in the Vatapittaja Vikara, Raktaapitta, Vatarakta (gouty disorders), Mootravibandha (retention of urine), Daha (burning sensation), Trushna (excessive thirst), Kshaya (emaciation).

KHARJURA

Khajura is commonly known as date or date palm, it is flowering plant in the palm family Aracaceae. Botanically it is called as Phoenix dactylifera Linn. It is cultivated for its edible sweet fruit. Although its place of origin is unknown because of long cultivation, it probably originated from lands around Iraq. The species is widely cultivated and is naturalized in many tropical and subtropical regions worldwide. It is also known with the name Pinda Khajura, Bhoomikharjurika, Swadhvi, Duraruha, Mruduchada,
Skandhaphala, Kakakarkati, Svadhumasthaka, Gosthanakara.\[7\]

It is a tall tree attaining 30-60mts height. Trunk covered with the persistent bases of petioles. It has alternate phyllotaxy. Leaves are unipinnately compound and the leaflets are sessile in nature, lanceolate, entire acute and pointed. Inflorescence-Axillary spadix consist many flowers. Fruits are glubose single seeded drupe reddish brown or yellowish brown. Seeds are cylindrical with a longitudinal furrow in front.

DISCUSSION

Madhura Triphala is a group of three Dravyas in which fruit is useful part and predominated with Madhura Rasa. It is totally different from Triphala (Haritaki, Vibhitaki and Amalaki). It includes Draksha, Gambhari (Kashmarya) and Kharjura in it. Madhura Triphala has Madhura Rasa, Guru Snigdha Guna, Sheeta Veerya and Madhura Vipaka. It will act as Vatapittashamaka (mitigates Vata and Pitta), Balya (Strengthening), Brihmaneeya (nourishing), Rasayana (rejuvenator), Vrushya (aphrodisiac), Raktpittahara (bleeding disorders), Kshayahara (emaciation). It is mainly indicated in the diseases of Vatapittaja Vikara, Raktapitta (bleeding disorders), Jwara (fever), Kshatakshaya (chest injuries), Kshayaja Vikara (emaciation), Moortakrucchra (dysurea), Daha (burning sensation) and Murccha (fainting). Hence, after going through its different utility in the form of medicine and food in routine practices it may be used food supplement in many of the diseases.

CONCLUSION

Madhura Triphala is group of three Dravyas predominated by Madhura Rasa, Sheeta Veerya, Madhura Vipaka and acts as Vatapiita Shamaka, Balya, Brimhaneeya, Rasayana and Vrushya. Hence it may be used as food supplement along with medicines.

REFERENCES


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