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Madhura Triphala – A Review

Dhulappa M

Reader, Dept. of Dravya Guna, N. K. Jabshetty Ayurved Medical College and P.G. Centre, Gumpa, Bidar, Karnataka, India.

ABSTRACT

The concept of *Triphala* in the literature of Ayurveda is famous. With the term *Triphala* we should take *Haritaki*, *Bibhitaki* and *Amalaki* into consideration. But Acharya Pandit Narahari in his text *Raj Nighantu* mentioned another group of dravya named *Madhura Triphala* (sweet three 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 DRAKSHA:

It is commonly known as grapes and botanically identified as *Vitis vinifera* Linn. belongs to the family

Vitaceae. It is a perennial, large, deciduous, tendrill 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) *Guna*, *Sheeta Veerya* (cold in potency), and *Madhura Vipaka* (*Biotransformation*).^[3]

It will act as *Svarya* (good for throat), *Shruthavinamootrakaraka* (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), *Trushna* (excessive thirst), *Daha* (burning sensation), *Kshayaja Vikara* (Emaciation), *Netraroga* (eye diseases), *Shukradaurbalya* (seminal disorders).^[4]

Address for correspondence:

Dr. Dhulappa M

Reader, Dept. of Dravya Guna, N. K. Jabshetty Ayurvedic Medical College and PG centre, Siddharudha Math, Gumpa, Bidar.

E-mail: dhulappam@gmail.com

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Figure 1: Habit of Draksha



Figure 2: Habit of Draksha

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*, *Krishnavrunta*, *Sarvatobhadra*, *Madhurasa*, *Mahakubhi*.^[5] 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*, *Raktapitta*, *Vatarakta* (gouty disorders), *Mootravibandha* (retention of urine), *Daha* (burning sensation), *Trushna* (excessive thirst), *Kshaya* (emaciation).^[6]



Figure 3: Habit of Kashmarya



Figure 4: Habit of Kashmarya

KHARJURA

Kharjura 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*, *Mruducchada*,

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.



Figure 5: Habit of Kharjura



Figure 6: Habit of Kharjura

It has *Madhura, Kashaya Rasa, Guru Snigdha guna, Sheeta Veerya* and *Madhura Vipaka*. It will act as *Vatapitta Shamaka* (mitigates Vata and Pitta), *Shukrala* (increases the quantity of semen), *Ruchya* (increases taste), *Balya* (strengthening), *Tarpaka* (nourishing), *Sramahara* (cures exertion), *Deepana* (Appetizer), *Pachana* (digestant), *Mootrala* (diuretic), *Hrudya* (cardiac tonic), *Kshatakshayahara* (emaciation). It is mainly used to treat *Kshaya* (emaciation), *Kasa* (cough), *Svasa* (breathlessness), *Daha* (Burning sensation), *Raktapitta* (bleeding

disorders), *Mootrakrucra* (dysurea), *Jwara* (fever), *Trishna* (excessive thirst), *Murccha* (fainting) and *Madhatyaya* (Intoxication).^[8]

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), *Brimhaneeya* (nourishing), *Rasayana* (rejuvenator), *Vrushya* (aphrodisiac), *Raktapittahara* (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), *Mootrakrucchra* (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.

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