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TRIMALA SIDDHANTA: THE AYURVEDIC PERSPECTIVE ON EXCRETORY PRODUCTS AND THEIR CLINICAL SIGNIFICANCE

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Abstract

Three basic waste items *Purisha* (stool), *Mutra* (urine) and *Sweda* (sweat) are deeply recognized in the ancient wisdom of Ayurveda. These three waste products are collectively referred to as *Trimala*. These are said to be essential for preserving internal harmony, aiding in detoxification, and advancing general health. *Trimala* must be properly expelled because any interference with this process can result in the buildup of toxins, an imbalance of the body's *Doshas*, and the development of a number of illnesses. The delicate link between *Purisha*, *Mutra*, and *Sweda* with *Agni* and the proper operation of the *Tridosha* is described in classical Ayurvedic scriptures. The solid waste product that is produced after digestion, primarily from the undigested portion of food, is referred to as *Purisha*. *Sweda*, or sweat, is perspiration that helps control body temperature and removes toxins through the skin, whereas *Mutra*, is the liquid waste product that the kidneys filter and expel. According to Ayurveda, the balanced operation of *Srotas* and *Agni* is necessary for the correct development and removal of these three *Malas*. While their healthy disposal promotes general well-being and disease prevention, any imbalance in the *Trimala* can disrupt the body's internal harmony and contribute to a variety of illness.

Key-Words: *Ayurveda, Trimala, Purisha, Mutra, Sweda*

Introduction

Maintaining equilibrium among the body's basic elements *Dosha*, *Dhatu* and *Mala* as outlined in the *Ashtanga Hridaya* is the aim of Ayurveda, an age-old therapeutic system. The

body's metabolic waste products, which are primarily categorized (**Figure 1**) as *Trimala*, are referred to as *Mala* among these. Prominent Ayurvedic experts highlighted the importance of these waste products in maintaining health, pointing out in the *Charaka Samhita* that their appropriate removal aids in the body's removal of impurities [1-3].

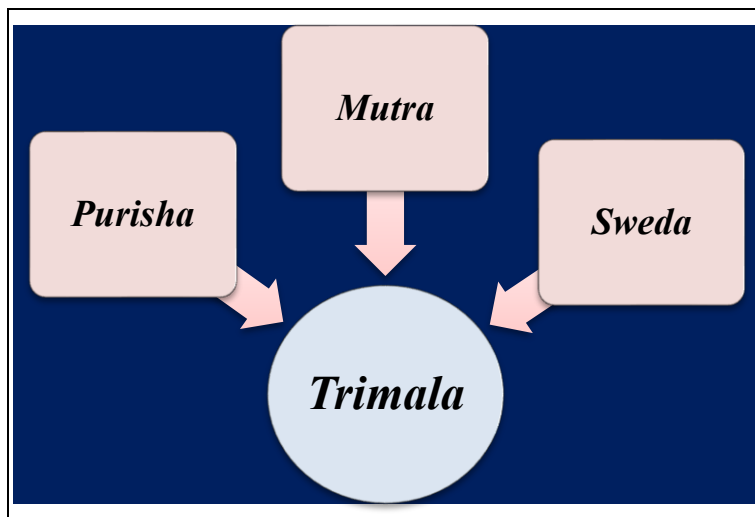


Figure 1: Biological components of *Trimala*

According to Ayurvedic philosophy, eliminating waste is equally as crucial as consuming and digesting food. Eliminating the undesirable and superfluous byproducts of metabolism on a regular basis is just as important as the daily consumption and processing of food. The waste products that the human body produces as a result of maintenance and sustenance are divided into two primary categories by Ayurveda as mentioned below [3-5]:

1. *Sharira Mala*: Trash that comes from the body
2. *Dhatu Mala*: Waste produced by tissues' metabolic activities

Sweda, *Mutra* and *Purisha* make up *Sharira Mala*. These wastes are the result of a number of physiological processes, including filtration, digestion, and vigorous physical activity. The body uses natural cravings and sensations to get rid of them. Conversely, *Dhatu Mala* comes from the ongoing cellular and tissue-level processes of growth, deterioration, and repair.

Ayurveda incorporates dietary changes, lifestyle habits, and medicinal interventions to maintain *Trimala* balance. Herbal medications like *Triphala*, *Gokshura*, and *Punarnava* further improve bowel, renal, and sweat function, while treatments like *Virechana*, *Basti*, and *Swedana* are recommended to maximize waste disposal [5-7].

Biological Role of *Trimala*

It is essential to keep these waste products in balance because any disruption can result in a host of health issues. As stressed in the *Sushruta Samhita*, this highlights the necessity of

appropriately regulating them through mindful eating practices, balanced lifestyle choices, and therapeutic interventions. The idea of *Trimala* is a cornerstone of Ayurvedic physiology, which sees the body as a living, breathing system. It is equally important to make sure that waste products (*Purisha*, *Mutra* and *Sweda*) are efficiently removed from the body as nutrients are absorbed into its tissues. The delicate internal balance mentioned in the *Ashtanga Hridaya* is protected by this procedure. Despite being frequently disregarded, these waste products are essential to maintaining general health. According to Ayurveda, these wastes' appropriate development and removal are important markers of a person's health. When their outflow is disturbed, *Ama* can accumulate, upsetting the balance of the system and negatively impacting general health [6-8].

Trimala is essential to detoxification, metabolic equilibrium, and disease prevention in Ayurveda; it is not just about getting rid of waste. According to classical texts, irregular *Sweda* excretion can result in skin conditions, heat retention, or dehydration; impaired *Purisha* elimination can cause constipation, bloating, and digestive disorders; and disturbed *Mutra* function can cause kidney problems, urinary tract infections, or metabolic imbalances.

Purisha:

Purisha, a by-product of digestion that is formed in the large intestine, is essential for getting rid of toxins, metabolic waste, and undigested food particles. Adequate dietary fiber and a balanced *Agni* are essential for its proper production. Any imbalance might lead to problems including malabsorption diseases, *Atisara* and *Vibandha*. *Purisha* is the main waste product that cleanses the digestive system and promotes gut health.

Recent research highlights the function of gut microbiota in immunological response, digestion and mental health. A stable microbiome lowers the risk of diseases like colorectal disorders and irritable bowel syndrome (IBS) by ensuring appropriate stool creation and removal.

Mutra:

Mutra is a filtrate that the kidneys produce to help eliminate waste products from metabolism while preserving electrolyte balance. It is necessary to rid the body of excess urea, salts and nitrogenous substances. *Mutra* controls water metabolism and is associated with *Pitta Dosha* in Ayurveda. Excessive or decreased urination (*Prameha*) can be a sign of metabolic diseases including diabetes or renal impairment. The balance of the *Doshas* and

Agni are directly related to the healthy functioning of *Trimala*. *Trimala* health is greatly influenced by elements like nutrition, hydration, lifestyle choices, and seasonal fluctuations. When imbalances arise, they may manifest as constipation, diarrhea, urinary disturbances, irregular sweating, or skin disorders, etc [7-9].

Diagnostic Significance

The diagnostic methods also employ examination of waste products for the possible identification of diseases or triggering factors as mentioned in **Table 1**.

Table 1: Diagnostic significance of *Purisha*, *Mutra* and *Sweda*

Examination Method	Parameters Observed	Possible Indications
<i>Purisha Pariksha</i>	Color, quantity, consistency, odor, presence of froth or mucus	Black color → GI bleeding; Loose stools → Diarrhea; Foul odor → Infection; Deviations indicate digestive issues, <i>Agni</i> imbalance, or <i>Ama</i> accumulation
<i>Mutra Pariksha</i>	Appearance, color, clarity, sediment, presence of blood or pus	Abnormal color, turbidity, or blood → Kidney disorders, UTI, metabolic issues
<i>Sweda Pariksha</i>	Quantity, frequency, odor	Excessive sweating, foul odor, itching → <i>Pitta</i> imbalance, skin disorders

Approaches for Maintaining *Trimala* Balance:

- ✚ The correct elimination of stool and urine is supported by consuming meals high in fiber, being properly hydrated, and avoiding processed or extremely spicy foods.
- ✚ According to Ashtanga Hridaya and Sutra Sthana 8/12, regular exercise, *Yoga* and *Abhyanga* help to promote healthy sweat production and circulation.
- ✚ *Panchakarma* methods that promote detoxification and restore *Trimala* balance include *Swedana*, *Basti* and *Virechana*.
- ✚ According to Ayurveda *Triphala*, *Gokshura*, *Punarnava* and *Haridra* are traditionally used to improve urinary health, regulate bowel function, and maintain appropriate sweating.

According to contemporary science, controlling *Trimala* is consistent with preserving intestinal health, guaranteeing ideal kidney function, and promoting thermoregulation. A

balanced gut microbiome is essential for promoting good stool creation and preventing diseases like inflammatory bowel disease (IBD) and irritable bowel syndrome (IBS). In order to control electrolyte levels and avoid long-term problems like hypertension and kidney disease, proper excretion of *Mala* is essential [9-11].

Conclusion

According to Ayurvedic science, *Trimala* is essential for maintaining physiological equilibrium and general well-being. According to the Ayurveda proper management of *Purisha*, *Mutra* and *Sweda* are necessary for efficient cleansing and preserving *Dosha* balance. According to Ayurveda, *Trimala* equilibrium is intimately related to immunological resilience, metabolic efficiency, and general vigor and goes beyond waste removal. The correct creation and prompt elimination of these wastes are just as crucial for preserving interior harmony. When their excretion is disturbed, *Ama* can build up and cause systemic imbalances, skin conditions, digestive issues, and urine problems. This opinion is supported by current fundamental which emphasizes electrolyte balance, thermoregulation, and gut microbiota stability on adequate kidney filtration, healthy stool removal, and controlled sweating. This equilibrium is maintained through Ayurvedic treatments like *Panchakarma* and herbal therapies, seasonal lifestyle changes, *Yoga*, mindful eating, and proper hydration.

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