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TRIPHLADI KALP; PROPERTIES AND THERAPEUTIC ROLE, W.S.R. TO ROLE IN IMMATURE CATARACT

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Abstract

The cataract can be described as *Timira* in ayurveda which is very old terminology, the etiology, pathogenesis, symptoms and treatment protocol of *Timira* is similar to immature cataract. This pathological condition mainly related to eye and occurs in elderly population. The *Timira*, *Kacha* and *Linganasha* are progressive pathological condition of cataract. Blurring of vision is initial symptom of *Timira*, *Kacha* involves association of *Raga* and when become difficult to treat then condition called *Lingnasha*. The treatment involves *Snehapana*, *Rakthamokshan*, *Nasya*, *Anjana*, *Netraseka*, *Moordhavasthi* and *Tarpana*, etc. Many ayurveda formulations and natural herbs also suggested to relive symptoms of immature cataract and *Triphla* is one of them. As per ancient text the combination of *Triphla* along with honey and cow *Ghee* can offers several benefits in such types of condition. This *Triphladi Kalp* not only relieves disease symptom but also restrict disease pathogenesis. Present article described ayurveda view and treatment of immature cataract along with role of *Triphladi Kalp*.

Keywords: *Ayurveda, Immature Cataract, Timira, Triphladi Kalp*

Introduction

Cataract is one of the leading causes of eye related problem which leads difficulty in vision. Ayurveda described similar terminology as *Timira* which is curable, progressive stage termed as *Kacha* while *Linganasas* is severe condition and *Kaphaja Linganasa* considered as *Asadhya*. The *Timira* is considered *Sadhya* when it affected first *Patala* and not associated with *Raga*. *Timira* is *Krichasadhya* when found in second *Patala* and associated with *Raga*, while *Timira* is considered *Asadhya* when affected third *Patala* [1-5]. Ayurveda described *Shashtra karma* for *Kaphaja lingnasha*. The symptoms of cataract depicted in **Figure 1**.



Figure 1: Common symptoms of cataract

The common causes of cataract are as follows:

- ❖ Aging
- ❖ Injury
- ❖ Radiation exposure
- ❖ Disease

- ❖ Drug reactions
- ❖ Congenital conditions
- ❖ Lifestyle, smoking and obesity
- ❖ Eye surgery

Pathophysiology

Hydration followed by opacification these changes affects lens; strength of epithelium of lens gets affected with aging. *Vata Dosha* reduces *Sigdha Guna* of lens in elderly peoples due to which *Rooksha Guna* gets increases. This condition decreases strength of the ion's channels and capsule of lens gets dehydrated. In another phase hydration of lens occurs due to the *Kleda Guna Vriddhi* of lens and denaturation of proteins take places. *Jala Mahabootha* in lens is expelled out and fiber gets opacified due to the denaturation. Transparent fibers become dense and white, nuclear cataract involves some specific features in which lens fibers become *Khatina*, *Sthira* and *Shosha*. These symptoms occur due to the *Rooksha guna vriddhi* in lens due to the *Kaphavata Doshapradhana*. Epithelial hyperplasia occurs in posterior sub-capsular cataract due to the *Vata prakopa* [4-7].

Treatment

Raktamokshana followed by *Ghritpana* and uses of *Virechaka* medicines and classical ayurveda formulations recommended for this condition. The *Yogas* utilized for ophthalmic practice are *Sadanga kwatha guggulu*, *Triphaladi kwatha*, *Triphaladi anjana*, *Triphala Churna*, *Triphaladi rasakriya*, *Kokilavarti*, *Timirahara lauha*, *Triphaladi ghrita*, *Triphala Guggulu* and *Mahatriphaladi ghrita*, etc.

The specific treatments of *Timira* are as follows:

- ✚ *Erand* oil mixed in lukewarm milk for *Vataj timira* for *Virechana*
- ✚ *Virechana* with *Triphala ghrita* for *Pittaj timira*
- ✚ *Virechana* with *Trivrita* for *Kaphaja timira*
- ✚ *Tridosha nashaka dravya* like; *Triphala ghrita* for all types of *Timira*.
- ✚ *Ghrita* congaing *Kwath* of *Meshashringi* also useful in *Timira*.

- ✚ *Triphala churna* with oil recommended for *Vataj timira*.
- ✚ *Triphala churna* with honey used for *Kaphaja timira*.
- ✚ Some *Nasya yogas* also indicated for special purpose i.e.; oil of *Vidarigandhadi gana* in *Kaphaja timira*, *Tarpana* with *ghee* of goats and *Jangala mamsa* in *Pittaja timira*, *Triphala*, *Priyangu* in *Tiltaila* for *Kaphaja timira*, *Rasanjana*, *Guda* and *Shunthi* as *Rasakriya* for *Anjana* purpose in *Kaphaja timira*.
- ✚ *Changeri*, *Jivanti*, *Tanduliyak* and *Vastuka shaka* are useful for immature cataract.

Triphladi Kalp

Kaphahara and *Lekhana Chikithsa* of lens can reduce cataract. The ancient text suggested administration of *Triphala ghrita* for *Kaphahara* and *Lekhana* purpose; here uses of **Triphladi Kalp** also recommended specifically to relives symptoms of immature cataract. The *Triphladi Kalp* is combination of *Tiphala* (2 gm) along with honey and cow ghee.

The characteristic properties of this formulation can help in preventing and treating immature cataract. The chief ingredients of *Triphala* are *Amalaki*, *Haritaki* and *Vibheetaki*, these all possess adaptogenic, antioxidant and anti-cataract properties. The anti-diabetic potentials of formulation also prevent chances of hyperglycemia induce retinopathy [6-11].

The *Rasayana* or rejuvenating effect improves quality of life and delays degenerative changes of aging thus prevent eye related health issues including cataract. *Chakshushya* property of formulation offers beneficial effect to eye. *Rasayana* effects of formulation delay cataract changes. *Triphala* offers properties which are considered good for eyesight. The *Kashaya rasa*, *Guru Guna*, *Ushna Viryai* and *Madhura Vipaka* of formulation provides *Doshagnata* effect. Mainly cure vitiated *Kapha dosha* thus helpful in progressive stage of cataract.

Chakshusya and *Rasayana* effects of *Triphladi Kalp* helps in eye related health issue. *Triphala* possess *Tridoshasamaka* property hence provides relief in all types of *Netra vikaras*. The ancient *Acharayas* emphasized role of *Triphala* formulation for *Drishtigata vikaras*.

Triphladi Kalp can be used as *Rasayana dravya* in *Drishtigata rogas* including immature cataract. The *Anupana* used in his formulation provides specific benefits in particular *Doshic* predominance. *Triphala* with *Madhu* and *Ghrita* advised for *Kaphaja*, *Vataja* and *Pittaja Netra roga*. *Triphala* churna along with *Madhu* and *Ghrita* gives rejuvenating effect in immature cataract.

Madhu (Honey) is another ingredient of formulation which offers antimicrobial and soothing properties. Ayurveda practitioners used honey for treating health conditions of eye. Honey reduces inflammation and irritation of eye thus relieves symptoms of cataract. Honey improves eye health, helps to boost eyesight, clear cataracts, glaucoma and trachoma. The cooling and soothing effects of honey helps to relieves symptoms of cataract. The honey as vehicle improves efficacy of *Triphala* in case of cataract. Thus honey as ingredient of *Triphladi Kalp* is provides symptomatic relief in immature cataract and also improves activity of *Triphla* synergistically.

Ghrita is another component of *Triphladi Kalp* which offers cooling effects and nourishes dry eyes. *Ghee* is rich in omega 3 fatty acids thus help to maintain eye health and treats visionary problems. *Ghrita* cure dry eyes and relieves itching related to cataract. It is believed that uses of *ghee* improve eyesight associated with poor vision due to the cataract. The *Triphladi Kalp* improves weak eyesight and presence of *Ghrita* play vital role in this regards. The soothing and nourishing effects of *Ghee* relieves symptoms of immature cataract and vitamin A present in cow ghee improves overall eyesight. The mixture of *Triphala* along with *ghee* and honey improve vision. The recommended ratio of ghee and honey should be in 2:1 proportion for better efficacy in cataract.

Conclusion

The cataract is problem of eye and ayurveda stream which deals with such problem comes under heading of *Shalakya*, here ayurveda *Kaychikitsa* also play important role since internal medicines helps to treats eye problems including cataract. *Triphala*, *Ghee*, *Draksha*, *Shatavari*, *Patola*, *Mudga* and *Yava*, etc. are some natural compounds which provide great relief in immature cataract or prevent pathological progression of such types of condition. *Purana ghrita*, *Triphala* and honey is considered beneficial for *Timira roga* and

Triphladi Kalp is formulation consist all three ingredients. The combination of *Ghrita*, *Triphala* and honey in *Triphladi Kalp* not only provides symptomatic relief in immature cataract but also restrict pathological progression of disease. *Triphladi Kalp* can arrest, delay and reverse progression of cataract. Ayurveda also suggested some disciplinary conduct along with medicine to relive cataract i.e.; one should avoid anger, grief, over eating, sleeping in day time, late night awakening and consumption of *Dosha* vitiating *Ahara*. The good conduct of daily and dietary regimen and uses of ayurveda drug like *Triphladi Kalp* can prevent severe consequences of immature cataract.

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