

Triphala : An Ubhayarthakrut Bhesaja In Netrarogas

Abstract : Every Individual gets connected to this universe through a specialized gateway called *Indriyas* present within us, one component of *Ayu* which is designed to detect the environmental stimuli and transducer their energy into electrical impulses.

All of these senses are “special” because each of them has its own pathway to the central nervous system. By far the most important organ of sense are our eyes as we perceive up to 80% of all impressions by means of our sight and if other senses such as taste or smell stop working, it’s the eyes that best protect us from danger. Therefore it is important to protect our eyes.

In this regard our acharyas have thrown light by saying that, one who keeps the desire for a long life should always put efforts to maintain the good health of his/her eyes and thereby improve his health routinely. In order to prevent *Netrarogas* and promote the *Swasthya* of *Chakshurindriya*, it has been found in Ayurvedic literature that *Triphala* (*Hareetaki, Vibhitaki and Amalaki*) being a *Chakshushya-Rasayana, Tridoshaghna* acts as a *Swasthasya Urjaskara Dravya* as well as *Artasya Roganut Dravya* ie., it increases the *Bala* of *Chakshurindriya* in a *Swastha* and does *Samprapti Vighatana* in a *Vyadhita* by the virtue of its *Kasaya Pradhana Pancharasa, Ruksha Guna, Ushna Virya* when administered in the form of *Kwatha, Churna, Ghrita, Varti, Rasakriya, Anjana, Guggulu* etc in different *Netrarogas* internally or externally.

So an attempt has been made to highlight and discuss the role of *Triphala* in promoting the ocular health as well as treating *Netrarogas*.

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