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Preparation, Evaluation, Labelling And Submission Of Triphala Guggul Vati

ABSTRACT :

Triphala Guggulu or Triphala Guggul is one of the ancient Ayurvedic polyherbal formulations that delivers the combined benefits of Triphala, Pippali and Guggulu.

While Triphala brings detoxifying and laxative properties, Guggul provides anti-inflammatory qualities. The addition of Pippali brings potent digestive characteristics to the formulation.

KEYWORD :-

Aavla
Hirada
Behada
Guggul



❖ INTRODUCTION

- Triphala Guggulu or Triphala Guggul is one of the ancient Ayurvedic polyherbal formulations that delivers the combined benefits of Triphala, Pippali and Guggulu.
- While Triphala brings detoxifying and laxative properties, Guggul provides anti-inflammatory qualities. The addition of Pippali brings potent digestive characteristics to the formulation.
- The amalgamation of these incredible herbs and resinous Guggul helps to furnish ultimate relief from piles (hemorrhoids), anal fistula (fistula-in-ano), constipation, arthritis, liver abscess, internal abscess, infective wounds of soft tissues, and even corns and calluses.

What Is Triphala Guggul?

Triphala Guggul is a wonderful Ayurvedic Rasayana that works spectacularly to equalize all three dose has in the body and is extremely helpful in removing harmful toxins or AMA from the body.

This activity of the formulation helps in retaining healthy cholesterol levels, aiding in weight management, and promoting digestion and food absorption.

Moreover, the presence of Guggul in this polyherbal pill provokes fat burning by boosting metabolism and digestion of fat.



❖ INGREDIENTS

1) Aavala



Synonym : Amalki ,Emblicamyrobalan ,Indian gooseberry.

Family : Phyllanthaceae.

Geographical Source :

Amla, also known as Indian gooseberry, is native to tropical and subtropical regions of Asia, with its primary source being India. It's now cultivated in various other countries.

Biological source :

It is obtained from dried ripe fruits of plant emblica officinalis belong into family phyllantusi.

Chemical constituent :

Amla (Emblica officinalis) contains various chemical constituents, including high amounts of ascorbic acid (vitamin C), tannins, and ellagitannins.

Cultivation of Plants:

1. **Climate:** Amla trees prefer tropical and subtropical climates with well-defined wet and dry seasons.
2. **Soil:** Amla trees can grow in a variety of soils, but they prefer well-drained soil with a pH range of 6.0-8.
3. **Watering:** Amla trees require adequate moisture, especially during the fruiting stage.

Extraction of ingredient :

1. **Juice extraction:** Amla juice can be extracted through cold pressing or mechanical pressing.
2. **Powder extraction:** Amla powder can be made by drying and grinding the fruit.
3. **Vitamin C extraction:** Vitamin C can be extracted using solvent extraction methods.
4. **Polyphenol extraction:** Polyphenols can be extracted using solvent extraction or supercritical fluid extraction.

2) HIRADA

Synonym : Haritaki ,Hireda,Harade.

Family : Combretaceae.

Geographical source :

Hirada, also known as Harada or Haritaki, is native to South Asia, specifically India, Nepal, and extending eastward to southwest China.

Biological source :

The biological source of Hirada, also known as Terminalia chebula, is a medium to large sized deciduous tree.

Chemical constituent :

Hirada (*Terminalia chebula*), also known as Haritaki, contains a variety of chemical constituents, including tannins, flavonoids, alkaloids, and other compounds.

Cultivation of plants:

1. **Climate:** Hirada trees prefer tropical and subtropical climates with adequate rainfall.
2. **Soil:** Hirada trees can grow in a variety of soils, but they prefer well-drained soil with a pH range of 6.0-7.0.
3. **Watering:** Hirada trees require adequate moisture, especially during the fruiting stage.

Extraction of ingredient :

1. **Solvent extraction:** Uses solvents like water, ethanol, or methanol to extract compounds.
2. **Hydro-alcoholic extraction:** Uses a combination of water and alcohol to extract compounds.
3. **Aqueous extraction:** Uses water as a solvent to extract watersoluble compounds.

3}BEHADA

synome: Bahera,Behada,Beleric,Bastard Myrobalan.

Family : combretaceae.

Geographical source :

Baheda (*Terminalia bellirica*), also known as Beleric Myrobalan, is a large deciduous tree native to the Indian subcontinent and Southeast Asia.

Biological source :

It is obtained from dried ripe fruits of plants Baheda belong into family combretaceae.

Chemical constituent

Behada contains various chemical constituents, including tannins like chebulagic acid, ellagic acid, and Gallic acid, as well as glycosides, flavonoids, and other compounds like arjungenin, belleric acid, resins, saponins, and beta-sitosol.

❖ Cultivation of Plants:

1. **Climate:** Behada trees prefer tropical and subtropical climates with adequate rainfall.
2. **Soil:** Behada trees can grow in a variety of soils, but they prefer well-drained soil with a pH range of 6.0-7.0.
3. **Watering:** Behada trees require adequate moisture, especially during the fruiting stage.

Extraction of ingredient :

1. **Solvent extraction:** Uses solvents like water, ethanol, or methanol to extract compounds.
2. **Hydro-alcoholic extraction:** Uses a combination of water and alcohol to extract compounds
3. **Aqueous extraction:** Uses water as a solvent to extract water-soluble compounds.

4)GUGGUL



Synonym:Devadhoop,Kaushika,Pur,Mahishaaksha,Palankash, Kumbha.

Family: Burseraceae

Geographical source :

Guggul, derived from the Commiphora wightii tree, is primarily found in dry, arid regions of India, particularly in Gujarat and Rajasthan. It also occurs in some parts of Maharashtra.

Biological source :

It is obtained from dried ripe fruits guggul of plants kaushika belong into family bureseraceae.

Chemical constituent :

Guggul include volatile oils, resins, gum, and a bitter compound.

Cultivation of Plants:

- 1) **Climate:**Guggul, or Commiphora wightii, is cultivated for its resin, which is tapped from the bark of the tree.
- 2) **Soil:**The trees are typically tapped for resin from November to May or June, Incisions are made in the bark, and the resin, a pale yellow, aromatic fluid, is collected as it solidifies.
- 3) **Watering:** The resin is then cleaned and graded before being packaged for sale.

Extraction of ingredient :

- 1) **Solvent extraction:** Guggul, a gum resin obtained from the Commiphora wightii tree, is extracted through a process called tapping.
- 2) **Hydro-alcoholic extraction:** where incisions are made in the tree's bark to collect the flowing resin.
- 3) **Aqueous extraction:**This resin is then allowed to harden before being collected

Uses**1) Digestive Health:**

Relieves constipation, bloating, and indigestion.

2) Weight Management:

Supports weight loss and reduces cholesterol levels.

3) Anti-Inflammatory:

Alleviates joint pain, arthritis, and inflammation.

4) Detoxification:

Helps remove toxins from the body.

5) Respiratory Health:

Relieves cough, cold, and asthma symptoms.

6) Cardiovascular Health:

Supports heart health by reducing lipid level.

Avala	41.50gm
Hirada	41.50gm
Behada	41.50gm
Guggul	1 kg

❖ FORMULA

❖ DOSE OF FORMULATION

- ✓ The dosage of Triphala Guggul Vati may vary depending on:
- ✓ Individual health needs Age and weight Specific health conditions.
- ✓ Typically, the recommended dose is 2-3 tablets, 2-3 times a day.
- ✓ After meals, with water or as directed by a healthcare professional
- ✓ It's essential to consult a healthcare professional or an Ayurved practitioner to determine the best dosage for your specific needs. They can provide personalized guidance and ensure safe usage

❖ PROCEDURE

1. Ingredients Preparation:

- ✓ Take Triphala (Amalaki, Haritaki, Bibhitaki) – equal parts.
- ✓ Take Guggul (Commiphora mukul resin).
- ✓ Other optional ingredients (depending on classical texts) like Pippali, Marich, Shunthi, etc.

2. Purification (Shodhana) of Guggul:

- ✓ Soak raw Guggul in water or Triphala decoction.
- ✓ Remove impurities (stones, wood particles) by filtering.
- ✓ Collect the purified Guggul.

3. Preparation of Triphala Powder:

- ✓ Dry the three fruits properly.
- ✓ Powder them finely.
- ✓ Sieve the powder through a fine mesh

4.Mixing:

- ✓ Mix the Triphala powder with purified Guggul thoroughly.
- ✓ Add a small amount of Triphala decoction or water to form a dough-like consistency.

5 Kneading:

- ✓ Knead the mixture properly until it becomes soft and uniform.

6 Vati (Tablet) Formation:

- ✓ Take small portions of the dough.
- ✓ Roll them into small, uniform balls (vati) — usually 250 mg to 500 mg each.

7 Drying:

- ✓ Dry the vatis in shade (not under direct sunlight) until they become hard.
- ✓ Ensure proper drying to prevent fungal growth.

8 Storage:

- ✓ Store the dried vatis in an airtight glass or plastic container.Keep in a cool, dry place away from moisture.

❖ ADVANTAGES

1. Digestive Health:

Improves digestion and relieves constipation.

Balances Agni (digestive fire) and supports gut health.

2. Detoxification:

Helps in the removal of Ama (toxins) from the body.

Acts as a natural blood purifier.

3. Anti-inflammatory Action:

Reduces swelling and pain in joints (useful in arthritis, gout,rheumatism).

Soothes inflamed tissues.

4. Weight Management:

Aids in breaking down accumulated fat.

Supports healthy metabolism and weight loss.

5. Skin health :

Helps in managing chronic skin diseases like eczema, psoriasis, and acne.

Promotes clear and healthy skin.

6. Antioxidant Properties:

Rich in antioxidants that fight free radicals.

Delays aging processes and improves vitality.

7. Wound Healing:

Speeds up healing of wounds and ulcers (both internal and external).

8. Support for Bone and Joint Health:

Strengthens bones and joints.

Useful in treating osteoporosis and joint degeneration.

❖ DISADVANTAGES

1. Gastrointestinal Issues:

May cause loose motions, diarrhea, or abdominal cramps in sensitive individuals.

2. Dehydration Risk:

Excessive use can lead to dehydration due to its mild laxative effect.

3. Aggravation of Pitta:

In Pitta-dominant persons, it may cause heat-related issues like acidity, heartburn, or mouth ulcers if overused.

4. Allergic Reactions:

Rarely, it can cause skin rashes, itching, or respiratory allergies due to Guggul sensitivity.

5. Overweight Loss Risk: Prolonged or high doses can cause excessive weight loss and weakness

❖ USES OF TREATMENT

Diseases Treated with Triphala Guggul Vati:

1. Joint and Bone Disorders:

Arthritis (especially rheumatoid arthritis and osteoarthritis)

Gout (high uric acid-related joint pain)

Osteoporoses



2. Digestive Disorders:

Constipation

Indigestion (Agnimandya)

Acid reflux (if Kapha-type)



3. Metabolic Disorders:

Obesity (Medoroga)

Hyperlipidemia (high cholesterol)



4 Diseases:

- Acne (Yuvan Pidika)
- Eczema (Vicharch. Skinika)
- Psoriasis
- Chronic wounds or ulcers (Dushta Vrana)



5. Endocrine and Hormonal Issues:

Hypothyroidism (supportive therapy with caution)

PCOS/PCOD (as part of metabolic balancing)



❖ MARKET BRANDS:

1 Baidyanath Trifala Guggul



Baidyanath Triphala Guggulu is an Ayurvedic medicine used to treat piles, constipation, and other digestive issues.

It combines Triphala and Guggulu, known for their laxative, detoxifying, and anti-inflammatory properties

2 Patanjali Triphala Guggul



Composition: Each 500 mg tablet contains

Dose: 1-2 Tablets twice a day after meal with water as directed by Physician.

Keep in a cool, dry and dark place

3 Unicare Triphala Guggul:



Unicare Triphala Guggul is an Ayurvedic medicine combining Triphala and Guggul, traditionally used for various health benefits.

4 Deep Ayurveda Guggul

Deep Ayurveda Kaishore Guggul is an Ayurvedic medicine traditionally used for detoxification and rejuvenation, particularly targeting the musculoskeletal system.

It is known for its anti-inflammatory properties and is often used to support joint health, manage skin disorders, and balance uric acid levels.

It is available in tablet form, with 60 tablets.

1-2 tablets are taken twice a day after meals or as



❖ CONCLUSION

Triphala Guggul Vati is a classical Ayurvedic formulation that combines the detoxifying, digestive, and rejuvenating powers of Triphala with the anti-inflammatory and lipid-lowering properties of Guggul.

It is highly effective in managing a wide range of disorders such as joint diseases, skin conditions, obesity, digestive problems, and metabolic imbalances.

When used properly, it promotes overall health by cleansing the body, improving metabolism, supporting immunity, and balancing the Doshas, especially Vata and Kapha.

However, careful usage is important to avoid potential side effects like dehydration or Pitta aggravation.

RESULT

The "TRIPHALA GUGGUL VATTI" was successfully formulated using standardized extracts of Haritaki (*Terminalia chebula*), Bibhitaki (*Terminalia bellirica*), Amalaki (*Emblica officinalis*), Guggul (*Commiphora mukul*), and Pippali (*Piper longum*). The formulation process followed classical Ayurvedic principles and standard pharmaceutical procedures. The final formulation was evaluated and found to meet acceptable quality standards based on the following parameters:

Appearance: Brownish-black round tablets with characteristic odor

Average Weight: Consistent with standard Ayurvedic tablet weight

(250-500 mg per tablet)

Hardness: Moderate (suitable for oral administration).

Friability: Within acceptable limits (1% weight loss).

Disintegration Time: Within 15-30 minutes.

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