

A Review On Role Of *Triphala* As *Rasayana* In *Netra Rogas*

Dr. Anjali Sanjeev, PG Scholar, Department of Roga nidana, Sri Dharmasthala Manjunateshwara college of Ayurveda and Hospital, BM Road, Thanniruhalla, Hassan-573201, Karnataka, India.

Dr. Gopi Krishna S, Professor, Department of Roga nidana, Sri Dharmasthala Manjunateshwara college of Ayurveda and Hospital, BM Road, Thanniruhalla, Hassan-573201, Karnataka, India.

Email id: anjalisanjeev93@gmail.com

Ph: 8547382470

TITLE: A Review On Role Of *Triphala* As *Rasayana* In *Netra Rogas*

ABSTRACT:

Swasthasya Swasthya Rakshanam Athurasya Vikara Prashamanamas per foresaid verse, Ayurveda deals with both preventive and curative aspects. *Rasayana* drugs are used for the preservation of positive health as well as the one which gives strength to *Indriyas*. The appropriate use of *Chakshushya* and *rasayana dravyas* will help to maintain the *netra swasthya* and prevents age related eye disorders. *Triphala* as *Agrya* which means main drug for eye diseases and *triphala* being a *nitya sevana rasayana* having a wide spectrum of pharmacological actions individually and as a compound. Based on the *Tridoshahara* effect, especially *kaphagna* properties *Triphala* can be considered as best drug as eyes are *Tejomaya* (dominant in *teja*) and they are to be protected from *kapha dosha* mainly. Anti oxidant property of *triphala* can prevent oxidative damage and slow experimental senile cataract progression. It is also rich source of vitamin c and flavonoids having multi dimensional pharmacological property with *rasayana* effect. Thus the present review aims to analyse potency of *triphala* in *netra rogas*.

Keywords: *Rasayana, Triphala, Netra roga*