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# Madhura Triphala: A Detailed Review

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## ABSTRACT

*Madhura Triphala* is a combination of three fruits with *madhura* or sweet taste. It includes *Draksha* (*Vitis vinifera* Linn), *Kashmarya* (*Gmelina arborea* Linn) and *Kharjura* (*Phoenix dactylifera* Linn.) which was constituted during the *Nighantu* period. The three fruits are widely used in many *Ayurvedic* formulations. There arises a scope for controversy due to inclusion of *Parushaka* (*Grewia asiatica* Linn.) and (or) *Dadima* (*Punica granatum* Linn.) in place of *Kashmarya*. Present work aims to address *Madhura Triphala* in detail and discuss different aspects of it along with their probable mode of action.

**Key Words** *Madhura Triphala, Draksha, Kashmarya, Kharjura, Dadima, Parushaka*

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## INTRODUCTION

*Madhura triphala* is a combination of three fruits of predominantly sweet taste. It is said to have properties like *Chakshushya, Dipana, Ruchya* and acts on *dhatu*s especially by increasing *shukra* hence the *Vrishya karma*<sup>1</sup>. It is also proclaimed to be useful in *Vishamajvara*. The reason for controversy probably resulted from differing opinion of authors of *Nighantu*. It may also be due to unavailability of the required drugs across the country and hence substituting it with

a drug having similar properties. This has led to confusion about which drug has to be considered.

## MATERIALS AND METHODS

An effort was made to collect all the references pertaining to *Madura Triphala* across *Brihat Trayi, Laghu Trayi* and *Nighantu*s followed by interpreting them using their *rasa panchaka* and *karmas*. An overview of description of individual drugs of *Madhura triphala* is mentioned in table 1:

**Table 1** Morphological description with synonyms in various languages, *Rasa-panchaka* and phytochemical constitution of individual drugs of *Madhura Triphala*<sup>2</sup>

Criteria	<i>Draksha</i> <sup>3</sup>	<i>Kashmarya</i> <sup>4</sup>	<i>Kharjura</i> <sup>5</sup>	<i>Parushaka</i> <sup>6</sup>	<i>Dadima</i> <sup>7</sup>
1. Botanical Source	<i>Vitis Vinifera</i> Linn.	<i>Gmelina arborea</i> Roxb.	<i>Phoenix dactylifera</i> Linn.	<i>Grewia asiatica</i> Linn.	<i>Punica granatum</i> Linn.
2. Family	Vitaceae	Verbenaceae	Aracaceae	Tiliaceae	Punicaceae
3. Sanskrit synonyms	<i>Svaduphala,</i> <i>Gostani,</i> <i>Phalottama,</i> <i>Uttarapatha</i>	<i>Gambhari,</i> <i>Shriparni,</i> <i>Bhadraparni,</i> <i>Madhuparnika,</i>	<i>Bhumi-</i> <i>kharjurika,</i> <i>Swadwi,</i> <i>Duraroha,</i>	<i>Parapara, Alpasthi</i>	<i>Danatabeeja,</i> <i>Vrittaphala,</i> <i>Vrittaphala</i>

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		<i>Mrudvika, Madhurasa, Rasala, Harahura Abeeja, Parvataja, Karamardika,</i>	<i>Kashmiri, Kashmiri, Peetarohini Krishnavrinta, Madurasa, Mahakusumika, Katphala, Hira, Mahakusumika, Sindhuparni, Sindhuveshanam, Sthulatvacha</i>	<i>Mriduchhada, Kakakarkoti, Svadumastaka, Skandhaphala, Svaduphala, Sulemani, Mridula, Dalahinaphala</i>		
<b>4. me</b>	<b>Na English</b>	Grapes	Gmelina, Goomar Teak, Gumhar, Cashmiri tree, Malay Beechwood, White Teak, Yamanae	Date Palm	Phalsa, Falsa	Pomogranate
	<b>Hindi</b>	<i>Angur, Dakh, Munakka</i>	<i>Gambhari, Khambhari, Kambhar, Gambhar, Gamhar, Kumhar, Kasmar</i>	<i>Khaur, Deshi Khajur, Khijur</i>	<i>Phalsa, Dhamin Anar, Dadim Shukri</i>	
	<b>Kannada</b>	<i>Drakshi</i>	<i>Shivani Mara</i>	<i>Kharjura, Ichuli</i>	<i>Vettaha, Dagal, Dalimbe Tadalasa Buttiyudippe</i>	
	<b>Marathi</b>	<i>Draksha, Angur</i>	<i>Shivan, Shivanasal</i>	<i>Khajur Shindi</i>	<i>Phalsa</i>	<i>Dalimb</i>
	<b>Malayalam</b>	<i>Muntiri</i>	<i>Kumbula</i>	<i>Itta</i>	<i>Chadicha</i>	<i>Matalam</i>
	<b>Tamil</b>	<i>Draksha, Kotten</i>	<i>Gumadi, Gummudu Teku</i>	<i>Perich chankay</i>	<i>Unnu</i>	<i>Madalai, madalam</i>
	<b>Telugu</b>	<i>Draksha</i>	<i>Padmagomuru Gumar Tek</i>	<i>Kharjura kaya</i>	<i>Chittiki, Jana, Dadimakaya Nallajana,</i>	
	<b>Gujarati</b>	<i>Dharakh</i>	<i>Shivan</i>	<i>Khajur</i>	<i>Phalsa</i>	<i>Dadam</i>
	<b>Bengali</b>	<i>Maneka, Drakhya</i>	<i>Gamar gachh</i>	<i>Gharar-Khejur</i>	<i>Phalusa</i>	<i>Dadim, Dalim-gachh</i>
	<b>Oriya</b>	<i>Angoor</i>	<i>Bhodroporni, Butalo</i>	<i>Khejuri</i>	<i>Mirgichara, pharasakoli</i>	<i>Dalima, Dalimba</i>
	<b>Assamese</b>	<i>Angoor, Draksha</i>	<i>Gomari</i>	<i>Khajur</i>	<i>Man-bijal</i>	<i>Dalim</i>
	<b>Punjabi</b>	<i>Angoor, Dakh</i>	<i>Phakra</i>	<i>Pinda Khajur</i>	<i>Dhaman</i>	<i>Anar</i>
<b>5. Charakokta Varga</b>		Virechanopaga, Dahaprashama, Shothahara	Virechanopaga, Jwarahara, Snehopaga, Kasahara	Shramahara,	Jwarahara, Shramahara, Virechanopaga Varga	Hridya Varga, Chhardinigrhana, Shramahara Varga
<b>6. Sushrutokta Gana</b>		Kakolyadi, Parushakadi	Sarivadi, Bruhat Panchamula	Madhura Varga	Parushakadi	Parushakadi
<b>7. Bhavaprakashokta Varga</b>		Amradi Phalavarga	Guduchyadi Varga	Amradi Phalavarga	Amradi Phalavarga	Amradi Phalavarga
<b>8. Habitat</b>		North-western India, Punjab, Kashmir, Karnataka, Maharashtra, Andhra Pradesh	Hilly Regions of Himalayas and South India	Punjab, Sindh	Punjab, Gujarat & Some regions of South India	All over India
<b>9. Morphology</b>	Habit	Tendrill climbing vine	Moderate, deciduous tree	Tall tree with a height of 100 ft.	Shrub or a small tree	Deciduous Shrub/ Small tree

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	Root	Tap root	Tap root	Tap root	Tap root	Tap root
Stem	Weak, symodium climbing by leaf opposed, simple or branched tendrils which represent modified scorpioid shoots	Erect with grayish yellowish corky with white, mealy, pubescent branchlets	Erect with trunk covered with resistant bases of petioles, foot is often surrounded by a dense mass of root suckers	Erect, trunk covered with resistant bases of petioles, foot is often surrounded by a dense mass of root suckers	Erect stem with long, slender, drooping branches, and the young branchlets are coated with hairs	Erect with smooth grey and thin bark often armed with small axillary or terminal thorns
Leaf	Simple, alternate, palmate with multi-costate reticulate venation	10-20cm long, 7.5-15 cm wide broadly ovate, acuminate, entire, glabrous, above when mature, stellately fulvous tomentose beneath base is cordate, or sometimes truncate, and shortly cuneate, Petioles are 5-5.75 cm long, cylindric, puberulous, glandular at the top	Pinnae is 20-40 cm long, regularly distichous	Simple, 7-17cm long, 6-12cm wide, ovate or suborbicular, acute or subacuminate or cuspidate, sharply or often coarsely doubly serrate, Petiole cm long, thickened at the top.	Opposite, 2.5-6cm long, oblong-lanceolate / oblanceolate, glabrous, entire, shining above, bright green beneath, Base narrowed into a very short petiole	
Inflor escence	Leaf opposed panicles	Densely fulvous-hairy panicle reaching 30cm long	Panicle, Dioecious	Axillary cyme, petals yellow in colour	Solitary, sometimes 2-4 together,	
Fruit	Globose, succulent berry arising in clusters, green when raw, greenish yellow or reddish Black color are 2 main varieties	Drupe, 2-2.5 cm long, ovoid or pyriform, smooth, green when raw, orange-yellow when ripe	Oblong, 25-75mm long, reddish brown or yellow when ripe, pulp is fleshy and sweet,	Berry globose, Green- cherry red or purplish red, becomes dark purple or nearly black when fully ripened.	Globose, 4-7cm diameter tipped with the calyx, rind is coriaceous, woody, interior septate with membranous walls of carpels, each containing numerous seeds, angular from mutual pressure.	
Seeds	Small, hard, woody or no seeds in popular varieties	2- seeds in a fruit,	Seeds are cylindrical with a long furrow in front	Small, hard	With a watery outercoat containing pink juice, and a horny inner coat	
<b>10. Useful part</b>	Fruit	Root bark, fruits	Fruit	Flowers	Fruit bark, Stem, Root bark, flowers	
<b>11. Phytochemical Constituents</b>	<b>Fruit</b> <sup>8</sup> Sugars (15-20%), Acids, gum, tannins, tartaric, citric, racemic	Phenols, tannins, saponins, flavonoids, alkaloids & anthraquinones.	Vitamins, Carbohydrates, Tricin-7-O-B-D-Glucoside & Isohamnetin3-0-	Fruit- Tannin, Leucanthocyanins, Leysin, Prolin, Glutaric acid, Arabinose,	Glucose, fructose, maltose, starch, oxalic acid, carotene, thiamine,	

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	& malic acids chlorides of potassium, sodium, sulphate of potash, tartarate of lime, magnesia, alum, iron, albumin		B-D-Glucoside	Quercetin & Glucose	Seed- rich in linolic acid	riboflavin, nicotinic acid, Vitamin C, pectin, amino acids, citric acid, tannin, punicic acid etc
	<b>Seeds</b> - Dense fixed oil with 5% tannic acid, linoleic acid, Vitamin E, phenolic compounds, flavonoids, proanthocyanidins and stilbenes.					
<b>12. Time of Harvesting</b>	November-March	April-May	Fruiting wise, dependant on the geographical area	May-June	August-October	
<b>13. Propagation</b>	Cuttings	Seeds and vegetative methods	Seeds, offshoot and tissue culture	Seeds, Cuttings	Seeds, Hardwood cuttings, Softwood	
<b>14. Substitutes</b>	<i>Gmelina arborea</i> Linn. fruits	1) <i>Gmelina asiatica</i> Linn for roots 2) <i>Premna flavescena</i> Ham. for leaves 2) Flowers of <i>Madhuka longifolia</i> J.F.Macbr for fruits	-	1) <i>Grewia tena</i> Forsk. 2) <i>Grewia flavescens</i> Juss.		
<b>15. Adulterants</b>	-	<i>Trewia nudiflora</i> Linn.	-	-	-	
<b>16. Rasa</b>	<i>Madhura</i>	<i>Madhura</i> , <i>Amla</i>	<i>Madhura</i>	<i>Madhura</i> , <i>Amla</i> , <i>Kashaya</i>	<i>Madhura</i> , <i>Kashaya</i> , <i>Amla</i>	
<b>17. Guna</b>	<i>Snigdha</i> , <i>Guru</i>	<i>Laghu</i> , <i>Ruksha</i>	<i>Guru</i> , <i>Snigdha</i>	<i>Laghu</i> , <i>Snigdha</i>	<i>Laghu</i> , <i>Snigdha</i>	
<b>18. Veerya</b>	<i>Sheeta</i>	<i>Ushna</i>	<i>Sheeta</i>	<i>Sheeta</i>	<i>Anushna</i>	
<b>19. Vipaka</b>	<i>Madhura</i>	<i>Madhura</i>	<i>Madhura</i>	<i>Madhura</i>	<i>Madhura</i>	
<b>20. Doshagnata</b>	<i>Vata- Pitta</i>	<i>Vata-Pitta</i>	<i>Vata-Pitta</i>	<i>Vata-Pitta</i>	<i>Tridosha</i>	
<b>21. Karma</b>	<i>Brimhana</i> , <i>Balya</i> , <i>Jwarahara</i> , <i>Hridya</i> , <i>Trishnahara</i> , <i>Daha shamaka</i> , <i>Vrishya</i> , <i>Mutrala</i> , <i>Ruchya Swarya</i> , <i>Chakshushya</i>	<i>Brimhana</i> , <i>Hridya</i> , <i>Trishnahara</i> , <i>Dahashamaka</i> <i>Vrishya</i> , <i>Rasayana</i> , <i>Medhya Keshya</i> , <i>Murala</i> , <i>Raktapitta-shamaka</i> , <i>vishaghna</i> , <i>sandhaniya</i>	<i>Balya</i> , <i>Jwaraghna</i> , <i>Hridya</i> , <i>Trishnahara</i> , <i>Dahahara</i> , <i>Shramahara</i> , <i>Murchanashaka</i> , <i>Swasahara</i> , <i>Kasahara</i> ,	<i>Brimhana</i> , <i>Jwarahara</i> , <i>Hridya</i> , <i>Trishnahara</i> , <i>Dahashamaka</i> , <i>Shramahara</i> , <i>Shukrala</i> , <i>Shophahara</i> , <i>Ruchya</i> , <i>Vishtambhakara</i>	<i>Balya</i> , <i>Jwarahara</i> , <i>Hridya</i> , <i>Tarpana</i> , <i>Dahahara</i> , <i>Shukrala</i> , <i>Medhya</i> ,	

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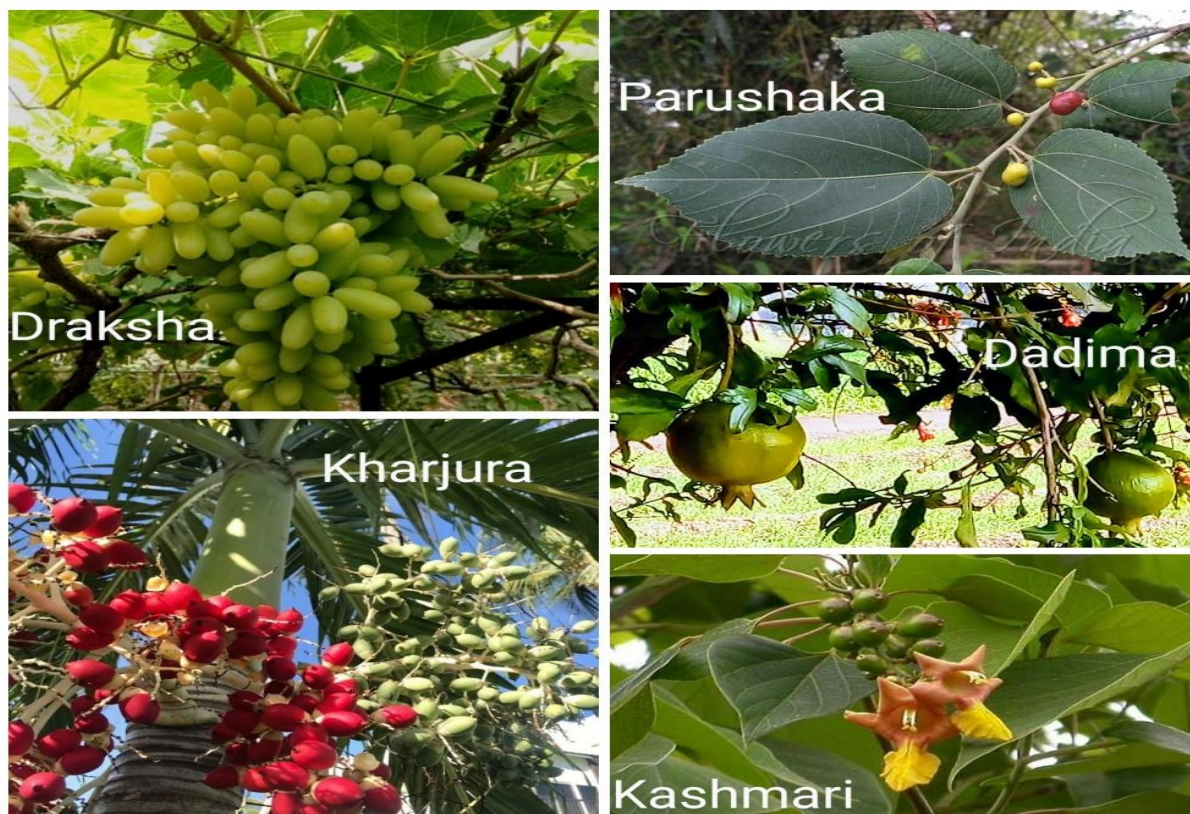


Figure 1 Photos of all the individual sources of Madhura Triphala

Figure showing different constituents of Madhura Triphala in their natural habitat. A disease-wise

classical indications of individual drugs is mentioned in table 2.

Table 2 Individual Indications in Diseases

Drug Disease	<i>Draksha</i>	<i>Kashmari</i>	<i>Kharjura</i>	<i>Parushaka</i>	<i>Dadima</i>
<i>Pandu</i>	+	+	+	-	+
<i>Jwara</i>	+	+	+	+	+
<i>Hridroga</i>	+	-	+	+	+
<i>Raktapitta</i>	+	+	+	-	+
<i>Shwasa-Kasa</i>	+	-	+	-	-
<i>Agnimandya</i>	-	+	-	-	+
<i>Atisara</i>	-	+	+	-	+
<i>Daha</i>	+	+	+	+	+
<i>Shosha</i>	+	+	+	+	-
<i>Madatyaya</i>	+	-	+	+	+
<i>Trishna</i>	+	+	+	+	+
<i>Bhrama</i>	+	-	-	-	-
<i>Kshaya/Karshya/Shrama</i>	+	+	+	+	-
<i>Klaibya</i>	+	+	+	+	-
<i>Gulma(Pittaja)</i>	+	+	-	+	+

**Draksha**

Draksha is considered as *phalottama*, by most authors. A recent research has demonstrated

pharmacological effects of Draksha including skin protection, antioxidant, antibacterial, anticancer, anti-inflammatory and anti-diabetic

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activities, as well as hepatoprotective, cardioprotective and neuroprotective effects in experimental studies<sup>9</sup>.

### **Kashmarya**

Kashmarya is an indigenous species which can grow well at heights up to 1,500 m. It is also one among the constituents of *Dashamoola* and has important actions like *Rasayana*, *Medhya*, *Keshya* etc.

The roots, fruits and the leaves of Gambhari have great medicinal value therefore traditionally it was widely used as an anti-helminthic, antimicrobial, anti-diabetic, anti-aging, analgesic, diuretic, hepato-protective and antiepileptic agent<sup>10</sup>.

### **Kharjura**

It has different pharmacological action like antibacterial, anti-inflammatory, anti-diabetic, anti-asthmatic, nephroprotective, hepatoprotective and aphrodisiac activities<sup>11</sup>.

### **Parushaka**

Parushaka is naturally found upto altitude of 3000 ft. The fruits mature asynchronously.

Recent advances in research on *Falsa* concluded its antimicrobial and anti-diabetic activity<sup>12</sup>.

A brief review of work so far carried out is compiled in the present study which shows radioprotective, antioxidant, antimalarial, antihyperglycemic, antipyretic, analgesic, antifungal, antiviral, antiplatelet, anticancer and immunomodulatory effect of plant<sup>13</sup>.

### **Dadima**

It is said to have pharmacological actions like anti-cancerous, hypoglycemic, anti-inflammatory and anti-microbial property apart from being a good anti-oxidant<sup>14</sup>.

### **Review of *Madhura Triphala* as a whole**

#### **Brihat Trayis**

The concept of *madhura triphala* as a combination is not found in the *Brihat Trayis* and *Laghu trayis* but individual fruits have a considerable importance. *Acharya Charaka* considers *Mridvika* as the best fruit while *Acharya Sushruta* mentions all the five as one among best along with *Rajadana* (*Mimusops hexandra Roxb.*) and *Matulunga* (*Citrus medica Linn.*)<sup>15, 16</sup>. *Acharya Vagbhata* labels *Draksha* and *Dadima* to be the first and second best among fruits<sup>17</sup>.

#### **Nighantu Period**

We find mention of *Madhura Triphala* from the period of *Nighantus* where a trend of systematic grouping of drugs on basis of their combined actions on the diseases was started. Keeping *Draksha* as the main constituent, different authors gave variation in the ingredients accompanied with the combined rasa-panchaka. Table 3 documents the different opinions of *Nighantukaras* on the constituents of *Madhura Triphala*, Table 4 contains different synonyms and *vargikaran*. Table 5 contains Rasa-Panchaka and Table 6 tabulates the different actions opined them.

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**Table 3:** Differing constituents of *Madhura Triphala*

Drug Name	DN* N <sup>18</sup>	Shodhal N <sup>18</sup>	Madanpala N <sup>19</sup>	Raj N <sup>20</sup>	Kaiyadeva N <sup>21</sup>	BP N** 22	Shaligram N <sup>23</sup>	Nighantu Adarsh <sup>24</sup>	Shankar N <sup>25</sup>	
<i>Draksha</i>	+	+	-	+	+	-	+	+ <sup>#</sup>	+ <sup>^</sup>	+
<i>Kashmari</i>	+	+	-	+	+	-	+	-	-	+
<i>Kharjura</i>	+	+	-	+	-	-	+	+	+	+
<i>Parushaka</i>	-	-	-	-	+	-	-	+	-	-
<i>Dadima</i>	-	-	-	-	-	-	-	-	+	-

\*DN- Dhanwantari Nighantu gives synonym *dwitiya triphala* or *svadu triphala*

\*\*BP- Bhava Prakash Nighantu N- Nighantu # *Svadu Triphala* ^ *Madhura Triphala*

**Table 4** Synonyms & Varga Classification in Nighantus

	DN	Shodhal N	Raj N	Kaiyadeva N	Shaligram N	Nighantu Adarsha	Shankar N
<b>Varga</b>	<i>Mishrakadi Varga</i>	<i>Mishraka dhyaya</i>	<i>Mishraka Varga</i>	<i>Mishraka Varga</i>	<i>Sankhya Varga</i>	<i>Haritakyadi Varga</i>	<i>Sankhya Varga</i>
<b>Synonym</b>	<i>Dwitiya Triphala, Traiphala</i>	<i>Dwitiya Triphala</i>	<i>Madhuradi Phala Trayam</i>	<i>Phalottama Triphala</i>	<i>Triphala, Madhura Phalatraya</i>	<i>Madhuradi Phala Trayam</i>	-

**Table 5** Rasa-panchaka of *Madhura Triphala*

Drug Name	DN	Shodhal N	Raj N	Kaiyadeva N	Shaligram N	Nighantu Adarsha	Shankar N
<i>Rasa</i>	-	-	-	-	<i>Madhura</i>	-	<i>Madhura</i>
<i>Guna</i>	-	-	-	-	<i>Vishada</i>	-	<i>Vishada</i>
<i>Virya</i>	-	-	-	-	-	-	-
<i>Vipaka</i>	-	-	-	-	<i>Madhura</i>	-	<i>Madhura</i>
<i>Doshaghnata</i>	-	-	-	-	<i>Kapha-Vata</i>	-	<i>Kapha-Vata</i>

**Table 6** Action of *Madhura Triphala* according to different Nighantus

Action	DN	Shodhal N	Raj N	Kaiyadev a N	Shaligra m N	Nighantu Adarsha	Shankar N
<i>Chakshushya</i>	+	-	-	-	-	-	-
<i>Dipana</i>	+	-	-	-	-	-	-
<i>Ruchya</i>	+	-	-	-	-	-	-
<i>Vishamajvaragh na</i>	+	-	-	-	-	-	-
<i>Shukravardhaka / Vrishya</i>	-	-	-	-	+	-	+
<i>Dhatuwardhaka</i>	-	-	-	-	+	-	+

## DISCUSSION

The combination of *Draksha*, *Kashmariya phala* and *Kharjura* is accepted by the majority of *Nighantus* giving synonyms like *dwitiya triphala*, *traiphala* and *Madhuradi Phala Trayam*<sup>1, 18-25</sup>. *Dhanwantari Nighantu* mentions *Chakshushya*, *Ruchya* and *Vishamajwara nashana* action which can be attributed due to their individual properties while *Dipana* action maybe a combined result. The individual *doshaghnata* is

*Vata- Pitta Shamana* but *Shaligram* and *Shankar Nighantu* mention *Madhura Triphala* to be *Kapha- Vata Shamaka*. They also attribute *Dhatuwardhaka* action especially on *Shukradhatu* which can be explained by the individual properties of *Brimhana* and *Vrishya*.

*Kaiyadeva Nighantu* has replaced *Kharjura* with *Parushaka* and calls it as *Phalottama Triphala*. *Nighantu Adarsha* replaces *Kashmari* with *Parushaka* in the original combination calling it

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*Svadu Triphala*. It also mentions another type of *madhura Triphala* with *Draksha*, *Kharjura* and *Dadima* called *Anya Svadu Triphala*.

Regardless of the controversy, we find that *Draksha* is the common constituent. All the five drugs have common *Madhura rasa*, *Madhura vipaka*, *vata-pitta* reducing action, *Brimhana*, *Jwaraghna*, *Hridya*, *Tarpana* and *Dahahara*

actions. Also the need to change ingredients must have been due to the unavailability of *Kashmarya* or *Kharjura* in the region. The permutations and combinations of all the four drugs are found in various *Ayurvedic* formulations which have been tabulated in Table 7.

**Table 7:** List of Formulations containing permutation & combination of drugs of *Madhura triphala*<sup>26, 27</sup>

	<i>Draksha, Kashmari &amp; Kharjura</i>	<i>Draksha, Kharjura &amp; Parushaka</i>	<i>Draksha, Kashmarya &amp; Parushaka</i>	<i>Draksha &amp; Kashmarya</i>	<i>Draksha &amp; Kharjura</i>	<i>Draksha &amp; Parushaka</i>	<i>Draksha &amp; Dadima</i>
1.	<i>Draksha Kashmaryadi Kashayam</i>	- <i>Drakshyadi ghrita (Yoga Ratnakara Gulmadhikara)</i>	<i>Drakshadi Kashayam (Ah. Jwara Chikitsa)</i>	<i>Aravindasavam BR 17</i>	<i>Amritapras ha Ghritam (AH CHI 3)</i>	<i>Ashokarishtam (Bhaishajya Ratnavali 66)</i>	<i>Kantakari Ghritam (AH. Chi 3)</i>
2.	<i>Mahamayuradi Gutika</i>	<i>Kharjuradi Mantha (Chakradatta)</i>	<i>Vatsamayantaka Ghritam (Sahasrayogam)</i>	<i>Brahmi Drakshadi Kashayam (Sahasrayogam)</i>	-	<i>Mustadi Marmakashayam (Sahasrayogam)</i>	-
3.	<i>Shiva Gutika</i>	-	-	<i>Chandanasavam (Bhaishajya Ratnavali 88)</i>	-	<i>Manasamitra Vatakam(Sahasrayogam)</i>	-
4.	-	-	-	<i>Chyavanaprasham Sharangdhar Samhita, Ashtanga Hrudaya, Uttarantra,39</i>	-	<i>Parushakadi Leham (PM)</i>	-
5.	-	-	-	<i>Dashamularishtam (Bhaishajya Ratnavali 74)</i>	-	-	-
6.	-	-	-	<i>Kutajarishtha (BR7)</i>	-	-	-
7.	-	-	-	<i>Pushyanuga Churnam (AH. U 34)</i>	-	-	-
8.	-	-	-	<i>Sarvamayantaka Ghritam Sahasrayogam</i>	-	-	-
9.	-	-	-	<i>Sukumara Ghritam (AH Chi. 13)</i>	-	-	-
10.	-	-	-	<i>Ushirasavam (Bhaishajya Ratnavali)</i>	-	-	-

**CONCLUSION** *Madhura Triphala* is a one among its kind combination. It has *madhura*

*rasa*, *guru- snigdha gunas*, *sheeta veerya* and *madhura vipaka* with *vata-pitta* pacifying action.

Regardless of the controversy, the same *rasa*



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*panchaka* of the combination is to be expected. Researches on the individual drugs have identified activities such as anti-aging, anti-epileptic, anti-inflammatory, anti-microbial, antidiabetic, hepatoprotective, cardioprotective, neuroprotective etc. A further research on *Madhura Triphala* is needed to establish the combined actions and its novel utility in Ayurveda.

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### CONFLICTS OF INTEREST:

The corresponding author declares no conflicts of interest.

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