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

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**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 *Agyra* 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 for 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 selenile cataract progression. It is also rich source of vitamin c and flavonoids having multi dimentional pharmacological property with *rasayana* effect. Thus the present review aims to analyse potency of *triphala* in *netra rogas*.

**Keywords:** *Rasayana, Triphala, Netra roga*