



**TRIPHALA ANJANAM – A CONCEPTUAL STUDY**

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**ABSTRACT**

Ayurveda, the life science describes several techniques for management of diseases, restoration of health and prevention of diseases. *Anjana Karma*, the application of collyrium to eyes is one such technique which is a part of *Dinacharya*, the daily regimen. *Triphala* is a well renowned combination of three drugs which is proved to have multiple therapeutic applications including management of diabetes insipidus and skin diseases. This study explores the method of preparation of *Triphala Anjanam*, the general method of application of *Anjanam*, their precautions, post-application procedures and their uses in detail.

**KEYWORDS:** Anjanam, Triphala Anjanam.

**INTRODUCTION**

*Anjana Karma* means application of collyrium. In Ayurveda, *Anjana Karma* is described as one among the *Dinacharya* (daily regimen). Application of *Sauveera Anjanam* (collyrium of galena) is good for the eyes and hence it should be applied daily.<sup>[1]&[2]</sup> As the eyes are full of *Tejas* (light) they are at the risk of damage especially from *Kapha Dosha* (bodily slimes) therefore another *Teekshna* (sharp) variety of *Anjanam* known as *Rasanjana* (extract of *Berberis aristata* of BERBERIDACEAE), should be applied once in a week to drain the *kapha dosha* out.<sup>[3]</sup> Applying *Anjanam* to the eyes especially the *Srotanjanam* (antimony trisulfide), which is obtained from the Sindu river bed, ensures clear and steady vision and also alleviates burning sensation, itching, dirt, *kapha* and eye pain and additionally it promotes brightness in the eyes, imparts a pleasing appearance and provides resilience against breeze and sunlight while preventing the diseases of eyes.<sup>[4]&[5]</sup> The *Anjana* is of four types viz, *Lekhana* (scarifying), *Ropanam* (healing), *Snehanam* (lubricating) and *Prasadanam* (soothing).<sup>[6]</sup>

*Triphala*, the terminology denotes *Tri* – as the numerical three and *Phala* – as fruits, which means, it is a combination of three fruits. It is prepared by mixing fine powders of equal part of *Haritaki* (*Terminalia chebula* of COMBRETACEAE), *Vibhitaki* (*Terminalia bellirica* of COMBRETACEAE) and *Amalaki* (*Embllica officinalis* of EUPHORBIACEAE). However some experts suggest

the ratio of mixture as 1:2:4 of *Haritaki*, *Vibhitaki* and *Amalaki*. *Triphala* is known to pacify *Kapha – Pitta Dosha* (the heat factor); manage *Prameha* (diabetes insipidus) and *Kushtha* (skin diseases); cure *Vishama Jwara* (irregular or intermittent fever); improve eye sight and digestion.<sup>[7]</sup>

**MATERIALS AND METHODS**

**1. Method of preparation of Pathyaadi Varti or Dhatriyadi Varti<sup>[8]&[9]</sup>**

The kernels of *Pathya* (*Terminalia chebula* of COMBRETACEAE), *Aksha* (*Terminalia bellirica* of COMBRETACEAE) and *Dhaatri* (*Embllica officinalis* of EUPHORBIACEAE) are ground into fine powders separately. The powders are taken in a proportion of 3:2:1 and are mixed together with water and are rolled into wicks.

**2. General method of application of Anjanam<sup>[10]</sup>**

Ensuring the patient is seated comfortably, the physician positioned in front of the patient, should gently lift the upper lid using the left thumb. Apply the *Anjanam* to the inner part of the lower lid, just below the cornea, starting from the *Kaninaka Sandhi* (inner canthus) and moving gradually towards the *Apanga Sandhi* (outer canthus). It is important to use an appropriate amount of *Anjanam* – not too little or too much, with a moderate strength, thickness and texture. The application should be performed at a moderate speed, avoiding sideways movement, shaking, hitting or covering the entire eye.

Following the application, the patient is instructed to close their eyes and slowly move their eyeballs to ensure even distribution. While the eyelids can be moved slightly, it is advised to avoid sudden opening, rubbing or washing of the eyes to prevent the risk of obstruction of heat and increase of *Dosha* (functional factors of the body).

### 3. Post-application procedures<sup>[11]</sup>

After the eye gets relieved of the keen action of the *Anjana*, it should be washed with liquid which is suitable to the disease, *Dosha*, season, etc. Holding the upper lid, the eye is to be wiped with a soft cloth slowly and repeatedly and the collyrium sticking on the lids can be wiped outwards with fingers of the physician.

### DISCUSSION

The wick of *Triphala Anjana* if applied in the dose of two *Harenu* (*Pisum sativum* of FABACEAE) cures excessive lacrimation, diseases of *Pitta* and *Rakta* (blood) origin and other troublesome diseases of the eyes.<sup>[12]&[13]</sup>

#### 1. The mode of action<sup>[14]&[15]</sup>

Metaphorically, the eyes are compared to iron metal, describing that the iron metals are produced from the stones, they get sharpened by rubbing with stones and also dulled by the stones itself. Likewise, the eyes are made of *Tejas*, it is sharpened by the same and destroyed by the same. Hence proper care and approach is required to protect them. In *Anjana Karma*, the particles of *Anjanam* entering into the joints, fornices of eyes, head, nose and face, eliminates the *Mala* (*Dosha*) accumulated in the upper parts (above clavicle)

#### 2. Uses of *Anjana*<sup>[16]&[17]</sup>

With a simile to eyes, gold and moon – it is described that: as different types of golden ornaments are cleaned spotlessly by using oil, cloth and hair brush, the eyes become spotlessly clean by application of *Anjanam* and it looks bright like a clear sky moon. Applying *Anjanam* to the eyes is good for eye lashes; it bestows cleanliness, brightness to all the parts of eye and the pupil.

#### 3. Collyrium in other cultures

Collyrium is a practice that was and is followed in several cultures and civilizations around the globe, in several names. The Egyptians described collyrium as *Mesdemet / Kohl*. The same term *Kohl* was used by Sumerians, Babylonians and Assyrians of Mesopotamian civilization. The Greeks illustrated collyrium as *Collyra*, *Stibium* and *Stymmi*; and the Romans used the terms *Collyri* or *Collyria*; and the Persians describe it as *Surma*.

### CONCLUSION

The practice of *Anjana Karma*, holds significant importance in protecting and maintaining ocular health. Even though *Triphala* states the fruit pulp of the three fruits, *Triphala Anjanam* is prepared with their seed

kernels. These kernels with their attribute of *Gurutva* (heaviness), *Kharatva* (roughness) and *Sthiratva* (stableness) and with their *Sheeta Veerya* (cold potency) cure the diseases caused by *Pitta* and *Rakta*. Various types of *Anjana*, such as *Sauveera Anjanam*, *Rasanjanam* and *Srotanjanam*, serve distinct purposes and concerns ranging from itching of eyes to promoting clear vision and resilience against environmental elements.

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