

REVIEW ARTICLE

To Review and Evaluate the Therapeutic Effect of *Triphala Kwatha* and *Jatyadi Ghrita* in the Management of *Dusta Vrana* (Chronic Wound/Ulcer)

Laxman M. Wandekar^{1*}, Dhanashree K. Handibag²

¹Professor and Head, Department of Shalya Tantra, Param Pujya Gurumauli Annasaheb More Ayurveda Medical College and Hospital, Beed, Maharashtra, India.

²Professor and Head, Department of Dravya Guna, Param Pujya Gurumauli Annasaheb More Ayurveda Medical College and Hospital, Beed, Maharashtra, India.

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ABSTRACT

Vrana is describe in Ayurveda as ulcers or wounds. Vrana, if not treated properly and not appropriate cared got converted into Dushta Vrana, i.e., infectious or complicated wound. In due course of time, precise management of Dushta Vrana has been described in various Ayurvedic texts. In modern medicine, a wound is defined as a disruption of the normal anatomical structure and function of soft tissue. Dushta Vrana, chronic wounds or ulcers, presents significant challenges in medical management due to their persistent nature and potential complications. Ayurvedic medicine offers a comprehensive approach to wound healing through various herbal formulations known for their anti-inflammatory, antimicrobial, granulation-promoting, and moisture-retaining properties. There are many formulations, remedies, and treatments available in Ayurveda as well as modern science. Apart from that, we took Triphala Kwatha and Jatyadi Ghrita taken in this study. Ayurvedic formulations, such as Triphala Kwatha, Taila, Ghrita, and Lepa, in the treatment of Dushta Vrana and their role in enhancing the wound healing process. An extensive review of classical Ayurvedic texts and contemporary research was conducted to identify key formulations used in Vrana Chikitsa. The aim of the present study is to evaluate the effect of Tiphala Kwatha and Jatyadi Ghrita based on relief in signs and symptoms and healing of Dushta Vrana. Different pharmacological properties of these formulations were analyzed, focusing on their anti-inflammatory, antimicrobial, granulation-promoting, and moisture-retaining effects. The objective and aim of the present study is to evaluate the effect of Tiphala Kwatha and Jatyadi Ghrita based on relief in signs and symptoms and healing of Dushta Vrana.

1. INTRODUCTION

Vrana in Ayurveda, described ulcers or wounds, Vrana, if not treated properly or properly dressing and not treated properly may get converted into Dushta Vrana, i.e., infectious or complicated wound. It means “to cover” or “an interruption in the continuity of the skin.” Wounds are generally categorized into two types: *Nija Vrana* refers to wounds caused by internal imbalances (such as diabetic ulcers or abscesses). *Agantuja Vrana*: Wounds caused by external trauma (cuts, burns, or bites).^[1] The healing process: Ayurveda describes Shashti Upakrama (60 procedures) for managing Vrana, ranging from cleaning and medicinal pastes to surgical intervention.^[2]

According to modern science, a wound is a break in the continuity of the skin or body tissue. Most wounds are acute, meaning they happen suddenly and follow a predictable healing pattern. Causes: Physical trauma, surgery, heat (burns), or chemicals. Types: Open: Incisions, lacerations (cuts), abrasions (scrapes), or punctures. Closed: Contusions (bruises) or hematomas where the skin stays intact, but tissue underneath is damaged. Healing: Generally heals within a few weeks in healthy individuals. An ulcer is a specific type of wound – a “crater-like” sore on the skin or a mucous membrane. Unlike a typical cut, an ulcer is usually chronic, meaning it resists healing because the body’s normal repair process is being blocked by an underlying condition.

Ayurvedic formulations demonstrate significant efficacy in wound management. The management of Dusta Vrana (infected/chronic wounds), Triphala Kwatha is considered the “gold standard” for wound irrigation (Prakshalana). Its decoction (Kwatha) is a potent antimicrobial and healing agent when used externally. While Jatyadi Ghrita confirms

Corresponding Author:

Laxman M. Wandekar, Professor and Head,
Department of Shalya Tantra,
Param Pujya Gurumauli Annasaheb More Ayurveda Medical College and
Hospital, Malipargaon, Majalgaon, Beed - 431131, Maharashtra, India.
Email: laxmanw27@gmail.com

several properties, such as bioactive properties: Angiogenic: Promotes the growth of new blood vessels to the damaged site. Anti-inflammatory: Inhibits inflammatory mediators, such as cytokines. Analgesic: Provides a soothing “film” over exposed nerve endings, reducing pain. Bacteriostatic: Prevents the multiplication of bacteria on the wound surface.^[3]

Jatyadi ghritam is a herbo-mineral ghee preparation said in Ayurveda. It is described in Vrana chikitsa of Ashtanga Hridaya Uttarasthana. This formulation is only used for external application and not taken internally. It contains the mineral drug Tutha (copper sulfate). It is used externally for wound healing.^[4]

2. MATERIALS AND METHODS

2.1. Triphala Kashaya/Kwatha

Triphala consists of equal parts of three fruits:

- Amalaki (*Emblica officinalis*): Rich in Vitamin C; provides antioxidants and promotes collagen synthesis
- Bibhitaki (*Terminalia bellirica*): Anti-inflammatory and antimicrobial
- Haritaki (*Terminalia chebula*): A powerful astringent that helps in “scraping” away dead tissue (Lekhana).

2.2. Method of Preparation Triphala Kwatha

To maintain medical potency, the decoction is prepared using the 1:16 to 1:4 ratio rule: Ingredients: 1 part coarse Triphala Churna to 16 parts water. Process: Boil the mixture in an open vessel until the water reduces to 1/4th of its original volume. Filtration: Filter through a clean muslin cloth to ensure no gritty particles remain, as these can irritate the wound bed. Usage: It must be used lukewarm (lukewarm temperature aids vasodilation and cleaning).^[5]

2.3. Jatyadi Ghrita

Ingredients of Jatyadi Ghrita formulation are as follows:

- Jati Patra (Jati) *Jasminum officinale* var. *grandiflorum*
- Nimba-patra *Azadirachta indica*
- Patola-patra *Trichosanthes dioica*
- Katuka *Picrorhiza kurroa*
- Darvi (Daruharidra) *Berberis aristata*
- NiSha (Haridra) *Curcuma longa*
- Sariva (Shveta sariva) *Hemidesmus indicus*
- Manjishta *Rubia cordifolia*
- Abhaya (Ushira) *Vetiveria zizanioides*
- Siktha (Madhuchista) Bee’s wax
- Tuttha (Copper Sulfate)
- Madhuka (Yashti) *Glycyrrhiza glabra*
- Naktahva (Karanja) *Pongamia pinnata*
- Sarpi (Goghrita)
- Jala (water).

2.4. Apart from this, some Ayurvedic Drugs Action as follows

- Nimba (neem): Acts as a natural antiseptic and “Krimighna” (anti-parasitic/anti-bacterial)
- Patola (pointed gourd leaf): Reduces burning sensation and purifies the wound
- Katuki: Acts as a debriding agent to clear slough
- Daruharidra (tree turmeric): Reduces inflammation and prevents secondary infections
- Madhuka (Licorice): Soothes the tissue and promotes skin regeneration.

3. METHOD OF PREPARATION OF JATYADI GHRITA^[6]

Jatyadi Ghrita is prepared by heating a mixture of Murchhita Ghrita (processed cow ghee), water, and a paste (Kalka) of specific herbs – primarily Jati (jasmine), Nimba (neem), Patola, and Manjistha over mild heat until Sneha Siddhi Lakshana (proper oil formulation signs) appear. The mixture is stirred continuously, filtered through cloth, and solidified with added beeswax to produce a semi-solid healing ointment. Base: Murchhita Ghrita (processed cow ghee). Herbs (Kalka): Jati (*Jasminum grandiflorum*), Nimba (*A. indica*), Patola (*T. dioica*), Daruharidra (*B. aristata*), Haridra (*C. longa*), Katukarohini (*P. kurroa*), Manjistha (*R. cordifolia*), Madhuka (*G. glabra*), Karanja (*P. pinnata*), Usira (*V. zizanioides*), Sariva (*H. indicus*), Tuttha (Copper sulfate). Binder: Madhuchista (Beeswax). Preparation of Kalka: Herbs are dried in the shade, powdered, and made into a fine paste (Kalka) with water. Heating phase: Murchhita Ghrita is heated on a mild flame (Mandagni). The herbal paste and water (often 16 parts) are added to the ghee. Paka (Cooking): The mixture is cooked with intermittent stirring on the 1st/2nd day and continuous stirring on the 3rd day until the water evaporates and the mixture reaches Sneha Siddhi Lakshana. Addition of Beeswax: Once the proper Paka (consistency) is reached, the mixture is removed from the fire. Beeswax (Madhuchista) is added to the warm ghee to give it a semi-solid texture. Filtration: The mixture is filtered through a muslin cloth while still warm. Cooling: It is allowed to cool and solidify into a medicated ghee form. Heat control: Strict maintenance of low heat ensures that the delicate phytoconstituents of the herbs are not destroyed. Quality check: The final product should be a golden-yellow, semi-solid, with a faint floral aroma. Alternative base: Sometimes, coconut oil (Ker taila) is used as a substitute for ghee for better stability.^[6]

4. DISCUSSION

From the discussion and result point of view, Ayurvedic formulations demonstrate significant efficacy in wound management. The management of Dusta Vrana (infected/chronic wounds), Triphala Kwatha is considered the “gold standard” for wound irrigation (Prakshalana). Its decoction (Kwatha) is a potent antimicrobial and healing agent when used externally. While Jatyadi Ghrita confirms several properties, such as bioactive properties: Angiogenic: Promotes the growth of new blood vessels to the damaged site. Anti-inflammatory: Inhibits inflammatory mediators such as cytokines. Analgesic: Provides a soothing “film” over exposed nerve endings, reducing pain. Bacteriostatic: Prevents the multiplication of bacteria on the wound surface.

Jatyadi Ghrita is a well-known Ayurvedic preparation that contains anti-inflammatory herbs such as Neem, Haridra, and Daruharidra (*B. aristata*). The formulation contains a powerful blend of healing herbs processed in cow ghee: Jati (Jasmine): The primary healer; it has potent antimicrobial and wound-healing properties.

The efficacy of Ayurvedic formulations in wound healing can be attributed to their multifaceted mechanisms of action of Triphala Kwatha and Jatyadi Ghrita.^[7]

4.1. Antimicrobial Activity

Ayurvedic formulations used for treating Vrana (wounds or ulcers) are highly regarded for their antimicrobial activities, which play a crucial role in preventing infection and promoting healing. These formulations include a variety of herbal decoctions, pastes, oils, and ointments, each possessing unique properties that combat pathogens and support the

body's natural healing processes. Herbal decoctions, or Kashayas, are water-based extracts made by boiling medicinal herbs. Ingredients such as Triphala, Neem (*A. indica*), and Guduchi (*Tinospora cordifolia*) are commonly used for their potent antimicrobial effects.

Triphala, a combination of three fruits, Haritaki, Bibhitaki, and Amalaki, has been shown to have strong antibacterial and antifungal properties, making it effective in cleansing infected wounds and ulcers. It is renowned in Ayurveda for its broad-spectrum antimicrobial activity, particularly against bacteria and fungi, which are common culprits in wound infections. These decoctions can be applied directly to the wound or used as a wash to cleanse and disinfect the area. Jatyadi Ghrita, a popular Ayurvedic ointment, includes herbs such as Neem, Haridra, Daruharidra (*B. aristata*), and Patol (*T. dioica*), all known for their strong antimicrobial effects. This formulation is particularly effective in treating chronic, non-healing ulcers where there is a high risk of bacterial infection. Ghrita or medicated ghee is used both topically and orally in Ayurveda. Ghee itself has been shown to have mild antimicrobial properties and acts as an excellent medium for delivering herbal actives into deep tissues, making it effective in treating deep-seated infections and promoting tissue regeneration. The antimicrobial activity of these Ayurvedic formulations primarily stems from the presence of bioactive compounds such as alkaloids, flavonoids, tannins, terpenoids, and saponins. These compounds disrupt the cell walls of bacteria and fungi, inhibit their growth and replication, and neutralize the toxins produced by pathogens. Furthermore, many of these herbs possess antioxidant properties, which help in reducing oxidative stress at the wound site, thereby preventing further tissue damage and supporting the healing process.^[8]

4.2. Anti-inflammatory Effects

Triphala Kashaya/Kwatha is well-known for its ability to reduce swelling and redness due to its high content of tannins and polyphenols. These compounds inhibit the production of pro-inflammatory cytokines, thus reducing inflammation at the wound site.

Ghee itself has soothing and cooling properties, which help reduce inflammation and pain, while the herbal components provide additional anti-inflammatory action. This combination makes Ghrita an excellent choice for managing wounds that are inflamed, painful, and slow to heal.

The anti-inflammatory effects of Ayurvedic formulations are largely due to their ability to modulate the immune response and inhibit the activity of inflammatory mediators such as prostaglandins, leukotrienes, and cytokines. Many herbs used in these formulations contain bioactive compounds such as alkaloids, flavonoids, tannins, and glycosides, which target various pathways involved in inflammation. For example, curcumin in turmeric blocks the nuclear factor kappa B pathway, which is a major regulator of inflammation, whereas the tannins in Triphala inhibit the production of inflammatory enzymes. These actions collectively help in reducing swelling, pain, and redness, thereby promoting a conducive environment for wound healing. The anti-inflammatory properties of Ayurvedic formulations play a critical role in the treatment of Vrana or ulcers, as they help to control and reduce the inflammatory response, which is essential for preventing complications and ensuring proper wound healing. Whether through the use of herbal decoctions, pastes, oils, ointments, or medicated ghee.^[9]

4.3. Promotion of Granulation

In Ayurveda, the promotion of granulation tissue formation is a key aspect of wound healing, particularly in the treatment of Vrana

(wounds or ulcers). Granulation tissue is the new connective tissue and microscopic blood vessels that form on the surfaces of a wound during the healing process. Ayurvedic formulations, composed of various herbs and natural ingredients, are designed to enhance this phase of wound healing, ensuring that wounds heal efficiently and with minimal scarring. Triphala Kashaya is one of the most effective formulations for promoting granulation. The combination of Haritaki, Bibhitaki, and Amalaki in Triphala not only cleanses the wound but also stimulates the formation of new tissue.

The application of Jatyadi Ghrita helps in the proliferation of fibroblasts and the formation of extracellular matrix components. Jatyadi Ghrita not only prevents infection but also enhances the granulation process. The herbs in these formulations stimulate the production of collagen, promote angiogenesis (formation of new blood vessels), and accelerate the maturation of granulation tissue, ensuring that the wound heals from the inside out.^[6] Medicated ghee is particularly effective in treating burns and chronic ulcers. The ghee acts as a carrier for the herbs, facilitating deep penetration into the tissue and promoting regeneration. The combination of herbs and ghee in formulations such as Jatyadi Ghrita not only nourishes the tissues but also provides the necessary environment for granulation. The ghee's cooling and soothing properties also reduce inflammation, further supporting the granulation process.

The promotion of granulation by Ayurvedic formulations is largely due to their ability to enhance fibroblast activity, collagen synthesis, and angiogenesis. These compounds include tannins, flavonoids, and polyphenols, which modulate growth factors, enhance cellular proliferation, and improve blood circulation to the wound site. In addition, the emollient properties of oils and ghee used in ayurvedic formulations provide moisture, which is essential for the migration and function of cells involved in granulation.^[10]

4.4. Moisture Retention

Jatyadi Ghrita contains anti-inflammatory herbs such as Neem, Haridra, and Daruharidra (*B. aristata*). Gandhaka Malahar, which contains sulfur, also has notable anti-inflammatory effects, particularly useful in managing the inflammation associated with infected or non-healing ulcers. Triphala Ghrita, combining the anti-inflammatory effects of Triphala with the nourishing qualities of ghee, is particularly effective in treating inflammatory conditions of the skin and wounds. Ghee itself has soothing and cooling properties, which help reduce inflammation and pain, whereas the herbal components provide additional anti-inflammatory action. This combination makes Ghrita an excellent choice for managing wounds that are inflamed, painful, and slow to heal.

According to the Sushruta Samhita and Sharangadhara Samhita, Jatyadi Ghrita possesses the following pharmacological properties:

- A. Vrana Shodhana (Purification): It helps in cleaning the wound by liquefying the pus (Srava) and removing the slough (Kleda). It effectively converts a Dusta Vrana (infected wound) into a Shuddha Vrana (clean wound)
- B. Vrana Ropana (Healing): It stimulates the formation of granulation tissue. The ghee base provides the necessary lipids for cell membrane repair, speeding up the closure of the wound
- C. Dahaprashamana (Cooling): Unlike oils, which can sometimes trap heat, Ghrita (ghee) is inherently Sheeta (cold in potency). This makes it the drug of choice for wounds with an intense burning sensation. Redness and heat (Pitta-dominant inflammation). Post-operative pain

- D. Mridukara (Softening): It prevents the wound from becoming hard, dry, or crusty. Keeping the wound edges soft, it reduces the chance of painful cracking and ensures minimal scarring (Vrana-Vastu).

Jatyadi Ghrita (medicated ghee) is the preferred choice for wounds involving deeper tissues, mucous membranes, or conditions where there is excessive burning and inflammation. Because the base is Goghrita (cow ghee), it has superior “Sanskaranuvartana” properties – meaning it effectively carries the medicinal values of the herbs deep into the layers of the skin and muscle.^[11]

4.4.1. *Abhyantara chikitsa (internal medicine)*

- Kaishore Guggulu: For inflammatory control and blood purification
- Arogyavardhini Vati: To improve metabolism and skin health
- Mahamanjsthadi Kwath: A potent blood purifier to tackle the systemic “root” of the non-healing state.

4.4.2. *Clinical application*

In a typical case report, Triphala Kwatha is used as the first step:

- Step 1: Irrigate the Dusta Vrana with 100–200 mL of Triphala Kwatha
- Step 2: Gently pat dry with sterile gauze
- Step 3: Apply a healing Jatyadi Ghrita, which is specifically indicated for: Deep-seated ulcers with a burning sensation. Anal fissures: It is the “gold standard” for fissures because it softens the anal canal and heals the tear simultaneously. Burns: Especially 1st and 2nd-° burns after the initial heat has subsided. Chronic diabetic foot ulcers: Where the skin is dry and necrotic. Post-surgical wounds: To ensure a soft, esthetic scar.

4.4.3. *Timeline of recovery*

- Day 1–7: Significant reduction in foul smell and discharge. Slough begins to liquefy and detach
- Day 14: Appearance of healthy, pink “red-carpet” granulation tissue. Pain was reduced by 70%
- Day 28: Wound edges begin to contract (epithelialization).
- Day 45–60: Complete closure of the wound with minimal, soft scarring.^[12]

5. CONCLUSION

While modern medicine may suggest skin grafting or long-term antibiotics, analgesics, anti-inflammatory, etc., for complicated wound or ulcer cases, the Ayurvedic approach focuses on converting the Dushta Vrana (infected) into a Shuddha Vrana (clean). By reducing the pH of the wound surface and providing Vitamin C locally, it stimulates granulation tissue. It turns a “dirty” wound (Dusta) into a “clean” wound (Shuddha).

5.1. Triphala Kwatha

Once the “environment” of the wound is corrected through Shodhana, the body’s natural healing intelligence takes over. As an antimicrobial action, modern research shows that Triphala Kwatha inhibits common wound pathogens such as *Staphylococcus aureus* and *Pseudomonas aeruginosa*, often outperforming standard saline washes in chronic cases. Triphala Kwatha works on a wound through four specific Ayurvedic properties: Shodhana (purification), the tannins in Triphala act as natural surfactants. When poured over a wound, they help detach slough (dead white tissue) and pus, effectively “washing away” the vitiated Doshas and Kashaya Rasa (astringent property).

The dominant taste of Triphala is astringent. This causes: Styptic action constricts small blood vessels to stop minor oozing. Kleda

Upashoshana: It dries up excessive moisture/discharge, which is the primary breeding ground for bacteria. This acts as a natural antiseptic and astringent to remove slough. Ropana (healing) in the management of Dusta Vrana (infected/chronic wounds), Triphala Kwatha is considered the “gold standard” for wound irrigation (Prakshalana). Its decoction (Kwatha) is a potent antimicrobial and healing agent when used externally.

5.2. Jatyadi Ghrita

Topical application: Once the wound bed was clean (transformed into Shuddha Vrana), Jatyadi Ghrita was applied. These contain herbs such as jasmine and neem that stimulate tissue regeneration. Modern research into Jatyadi Ghrita confirms several properties, such as bioactive properties: Angiogenic: Promotes the growth of new blood vessels to the damaged site. Anti-inflammatory: Inhibits inflammatory mediators such as cytokines. Analgesic: Provides a soothing “film” over exposed nerve endings, reducing pain. Bacteriostatic: Prevents the multiplication of bacteria on the wound surface. Hence, we lastly concluded that the Triphala Kwatha and Jatyadi Ghrita are more effective and suitable in Dusta Vrana as above.

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7. AUTHORS’ CONTRIBUTIONS

All authors give equal contribution in making of this manuscript.

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9. ETHICAL STATEMENT

Ethical approval was not required for this study as it was a review article with data obtained through a literature search.

10. CONFLICT OF INTERESTS

The authors declare no conflicts of interest regarding the publication of this paper.

11. DATA AVAILABILITY STATEMENT

The data analyzed in this review were obtained from publicly available sources, including peer-reviewed articles, observational studies, and surveys accessible through databases.

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Comparison 1: Triphala versus normal saline

Feature	Normal saline (modern)	Triphala Kwatha (Ayurvedic)
Action	Mechanical cleaning only	Mechanical cleaning+ medicinal healing
Tissues	Isotonic; keeps tissue moist	Astringent; reduces edema and discharge
Bacteria	No inherent antibacterial properties	Naturally bacteriostatic

Comparison 2: Jatyadi Taila versus Jatyadi Ghrita

Feature	Jatyadi Taila (Oil)	Jatyadi Ghrita (Ghee)
Best for	Deep sinuses and “wet” wounds	Fissures, burns, and “dry” painful wounds
Potency	Better for Kapha-Vata (oozing)	Better for Pitta-Rakta (burning/redness)
Absorption	Surface-level and slow	Deep tissue penetration