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**PHARMACEUTICAL STUDY OF *TRIPHALA GHRITA* WITH SPECIAL REFERENCE TO *AKSHI TARPANA***

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Visual impairment develops into a serious health issue for people of all ages. Nearsightedness or longsightedness, which impairs near and far vision respectively, affects almost 2.2 billion individuals worldwide. Due to non-communicable diseases like diabetes, cataracts, and glaucoma, the prevalence of blindness is also very high. Visual fatigue affects more than 90% of smart device users who spend more than 3 hours a day using their devices. *Triphala ghrita* is a traditional Ayurvedic preparation which is a blend of Triphala (*Haritaki* - *Terminalia chebula*, *Amalaki* - *Emblica officinalis* and *Vibhitaki* - *Terminalia bellirica*), ghee and milk, used for centuries in the treatment of various eye diseases. *Akshi tarpana* is a commonly used local eye therapy which restores and rejuvenates the eye. *Triphala ghrita* is the commonest drug used for *Akshi tarpana*. Due to its *Cakshushya* (improve the vision) and *Rasayana* (rejuvenating) properties, it is recommended for different *Netra roga*. Objective of this study is to reveal the *Akshi tarpana* effect of *Triphala ghrita* by using some analytical parameters and here, *Triphala ghrita* was prepared according to *Netra roga cikitsa* in *Cakradatta* and determine its effectiveness on eyes through physicochemical parameters and pharmacodynamic properties. *Triphala ghrita* is having light yellow color, smooth and ghee smell. Moisture content of *Triphala ghrita* was  $0.239 \pm 0.01\%$ , pH value was  $7.4 \pm 0.02$ , Total ash value  $0.322 \pm 0.01\%$ , Refractive index  $1.46574 \pm 0.001$  and the phytochemical analysis reveals that, it contains steroids, saponin, tannins, alkaloids, flavonoids, terpene, proteins, and carbohydrates. Due to less moisture content it is expected to be more stable and would be resistant to microbial development. pH value was same as tear fluid's pH (7.4 -7.6). Due to the antioxidant properties of embedded phytochemicals and *Madhura rasa* among the ingredients of *Triphala* is also providing *Cakshushya* effect. Therefore, *Triphala ghrita* can be recommended for *Akshi tarpana*.

**Keywords:** *Triphala ghrita*, *Akshi tarpana*, *Cakshushya*, *Netra roga*