

## Comparative study on the qualitative measurements of *triphalā kashāya* using different preparation methods

Weerasinghe WMPS<sup>1</sup>, Hewavithana T<sup>2</sup>

<sup>1</sup>GampahaWickramarachchi Ayurveda Teaching Hospital

<sup>2</sup>Department of Dravyaguna, Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya, Sri Lanka

### Abstract

This is a comparative study on the qualitative measurements of a selected decoction (*Triphalakashaya*) which have been made by using different preparation methods. *Triphala* includes *Terminalia chebula* Retz. *Terminalia belarica* and *Phyllanthus emblica* (L.) Decoction is one of the most important methods of preparation mentioned in Ayurveda. Making decoction according to traditional method is taking a lot of time at least five or six hours and people have changed the process into more quick and easier manner by using modern cookers and metal vessels. In this comparative study, the qualitative factors of the test decoctions were compared with the standard decoction to find out whether there is a significant variation between them regarding the quality under chemical (TLC), physical (pH value) and organoleptic properties. Data were taken by giving a questionnaire together with a sensory evaluation code among 30 volunteers of Gampaha Wickramarachchi Ayurveda Institute, University of Kelaniya. Obtained data was analyzed under three categories. Anova method was used to analyze both data obtained by TLC and pH value measuring. SPSS 16 was used to analyze the data related to organoleptic properties. According to the TLC, it was assumed that there is no significant variation between standard and test decoctions regarding chemical composition. Considering the pH testing, it was found that there was a significant variation between the standard and test decoctions and it was assumed that the test B samples are closer to the standard than other samples regarding the pH value. Test B samples showed point 05 in colour, 70.47% in appearance, 72.38% in odor and 66.18% in taste while comparing with standard and other samples were in lower positions. It can be concluded that there was a significant variation in physical and organoleptic properties between decoctions which have been made by using different types of heat generators and further it can be concluded that test B samples were better than other test decoctions.

**Keywords:** Decoction, *Triphalā Kashāya*, Organoleptic properties

**e-mail:** dr.psweerasinghe@gmail.com