**Meaning/ English translation of Indian words**

***Triphala*:** It is a polyherbal Ayurvedic formulation, which literary means *Tri* (three) and *Phala* (fruit) in Sanskrit, is a *'tridoshic rasayan'* that balances and rejuvenates the “*tridosha*”, i.e., *vata, pitta,* and *kapha*, as well as promotes immunity and health. In the clinical practice of Ayurveda, the *Triphala* is consumed as a ‘health tonic’. The polyherbal formulation of *Triphala* is made up of a proportional amount of fresh dried fruit powder from three plants: *Phyllanthus emblica* (*Amalaki*, [Indian gooseberry](https://www.verywellhealth.com/amla-oil-for-hair-89404) in English), *Terminalia bellirica* (*Bibhitaki*, belleric myrobalan in English), and *Terminalia chebula* (*Haritaki*, black myrobalan in English). *Triphala* is available in powder, juice, tincture, extract, capsule, or tablet form.

**Tridoshic**(Tri- three, and dosas – vital energies), in Ayurveda, refers to an equal balance of *vata, pitta* and *kapha* *doshas*. *Doshas* are the elements of energy responsible for physical, mental, and emotional health. According to Ayurveda, an individual's biological constitution, known as *Prakriti*, is determined at the moment of conception. *Prakriti* is comprised of a unique ratio of *vata, pitta* or *kapha,* and one or two of these *doshas* is usually predominant.

**Tridoshic rasayana:** In Ayurvedic medicine, *Triphala* is considered a tridoshic rasayana. This means *Triphala* supports all three *doshas*: *vata* (air/space), *pitta* (fire/water), and *kapha* (water/earth).

**Role of *Triphala* formulation in SARS-CoV-2**

**Supporting References**

1. <https://www.ayush.gov.in/docs/ayush-Protocol-covid-19.pdf>
2. <https://www.ayush.gov.in/docs/ayurved-guidlines.pdf>
3. <https://www.eurekaselect.com/192390/article>
4. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7597308/>
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6. https://pubmed.ncbi.nlm.nih.gov/33654345/
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