

Monday (2026-2-9)

## ***Triphala Jal*: The Ancient Overnight Soaked Water That Cleanses Intestines, Supports Digestion & Boosts Oral & Eye Health**

### **What Is *Triphala Jal* and Why Is It So Powerful?**

Did you know a simple overnight soak of *Triphala Churna* in water can turn ordinary water into a gentle daily detoxifier? *Triphala Jal* is prepared by soaking 1 teaspoon of *Triphala Churna* (equal parts *Amla*, *Haritaki* or *Harro*, and *Bibhitaki* or *Barro*) in 1 liter of water overnight. The next day, the whole family can use this infused water for drinking, gargling, or even eye washes.

This traditional Ayurvedic method extracts polyphenols, tannins, vitamin C, and other bioactives, making it a mild laxative, antioxidant-rich, and anti-inflammatory tonic. It is affordable, chemical-free, and suitable for daily family use when prepared correctly.

### **Traditional Ayurvedic Benefits and Preparation**

In Ayurveda, *Triphala* is called “*Tridoshic Rasayana*” because it balances *Vata*, *Pitta*, and *Kapha*. When soaked overnight, the water becomes “*siddha*” (potent) and is used for gentle colon cleansing, improved digestion, and removal of toxins (*Ama*).

### **Simple Preparation (Family Method):**

- Take 1 teaspoon pure *Triphala Churna*.
- Soak in 1 liter clean water in a copper or steel vessel overnight.
- Strain in the morning and use throughout the day (drink 100–200 ml, gargle, or use as eye wash).
- Fresh batch every day.

Ayurvedic texts recommend it for constipation, poor digestion, skin glow, and eye health.

### **Scientific Evidence for Digestive Health & Constipation Relief**

Multiple clinical studies confirm *Triphala*’s gentle laxative effect. A 2023 systematic review found *Triphala* significantly improves bowel frequency and consistency in chronic constipation without dependency [2]. It increases beneficial gut bacteria and short-chain fatty acids, supporting microbiome health and smooth elimination [3].

Overnight soaking enhances extraction of tannins and gallic acid, which stimulate peristalsis mildly while protecting the intestinal lining.

### **Proven Benefits for Oral Health (Gargling)**

*Triphala* mouth rinse is as effective as chlorhexidine in reducing plaque and gingivitis, according to several randomized trials. A 2024 meta-analysis showed *Triphala* mouthwash significantly lowers gingival inflammation and bleeding with fewer side effects than

chemical rinses [4]. Gargling the overnight soaked water daily helps control bad breath, strengthen gums, and prevent dental caries.

### **Eye Health Benefits (Eye Wash)**

Clinical studies in India show *Triphala* eye wash improves symptoms of allergic conjunctivitis, dry eyes, and computer vision syndrome. A 2023 trial found *Triphala* eye drops significantly reduced redness, itching, and burning with no adverse effects [5]. The anti-inflammatory and antioxidant properties from Amla help soothe and protect the eyes when used as a cooled, filtered wash.

### **Additional Benefits: Immunity, Skin & Metabolic Health**

*Triphala Jal*'s high antioxidant content (especially from *Amla*) supports immunity and reduces oxidative stress. Studies show it helps regulate blood sugar and lipids, aiding metabolic health [6]. Regular use is also linked to clearer skin due to internal detoxification.

### **Safety, Precautions & Best Practices**

*Triphala* is generally very safe for long-term daily use in moderate doses. A chronic toxicity study in rats showed no adverse effects even after 9 months [7]. However, it may cause loose stools if taken in excess.

#### **Precautions:**

- Avoid high doses during pregnancy (*Haritaki* component).
- Start with smaller amounts if new to it.
- Use only pure, high-quality *Triphala* Churna.
- Consult an Ayurvedic doctor if you have severe health conditions.

### **How to Make It Part of Your Family Routine**

Prepare fresh every evening, store in a copper vessel, and use the water mindfully throughout the next day. Drink warm in the morning for best digestive effect. This simple ritual can become a healthy family tradition.

### **Conclusion: A Gentle Daily Gift from Ayurveda**

*Triphala Jal* beautifully combines ancient Ayurvedic wisdom with modern scientific validation. When prepared the traditional overnight way, it offers gentle cleansing, better digestion, oral and eye health, and overall vitality — all in one affordable, natural practice.

Begin this simple ritual with your family. For more health tips, visit and download my health-tip-Blogs here: [Science blog page of Explore Ikigai](#). and watch videos, follow and share my YouTube channel Explore Ikigai (<https://www.youtube.com/@Explore-Ikigai>).

### Special Acknowledgement: Inspiration and Guidance

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### Bibliography

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