

# TRIPHALA

## What is TRIPHALA?

Triphala is a combination of three tropical fruits: Haritaki/Harada, Amalaki/Amla and Bibhitaki/Bihara. The nutritional aspect is in its high content of vitamin C, linoleic oil and other important nutrients, making it more of a tonic. Of the three fruits, Harada contains laxative, astringent, lubricant, antiparasitical, alterative, antispasmodic and nervine properties. Amla is the highest known source of vitamin C and has been shown to have mild anti-bacterial properties, pronounced expectorant, anti-viral and cardiotoxic activity. Bihara is astringent, tonic, digestive and anti-spasmodic. It purifies and balances excess mucus, treats asthma, bronchial conditions, allergies and hiccoughs. With all the virtues of these three individual herbs, Triphala has many wide and varied uses as a therapeutic herbal food. \*

## What are the benefits?

Triphala is one of the safest and most strengthening of the cleansing herb formulas; it gently promotes internal detoxification of all conditions of stagnation and excess while improving digestion and assimilation. It has been shown to be an effective blood purifier that stimulates bile secretion as it detoxifies the liver. Triphala benefits circulation, improves digestion and regulates elimination without causing any laxative dependency. Triphala is also taken for all eye disorders including the treatment of conjunctivitis, progressive myopia, early stages of glaucoma and cataracts. Triphala can be highly effective in removing stagnation of both the liver and intestines and is one of the greatest and most popular rejuvenators in ayurvedic medicine; it helps to aid the body's natural detoxification and elimination processes without weakening systems or becoming habit forming. \*

## Supplement Recommendation:

For the most effective benefits, look for a standardized full spectrum extract. Be sure it has been naturally grown or ethically wild crafted without the use of chemical fertilizers, pesticides or preservatives; preferably in a vegetarian capsule without fillers, binders or common allergens.

- **Regulates elimination without causing laxative dependency\***
- **Cleanses and detoxifies while simultaneously strengthening the body\***
- **Gently promotes internal cleansing\***
- **Effective blood purifier and liver detoxifier\***
- **Traditionally used for all eye disorders and to clear heat\***
- **Improves digestion and assimilation\***
- **Helps to reduce bad cholesterol\***
- **Improves circulation\***
- **An effective cardio-protectant\***
- **Helps reduce high blood pressure\***
- **Anti-inflammatory, antiviral and antibacterial properties\***

### Supporting Research:

Barnett Robert, Barone Jeanine. *Ayurvedic Medicine – Ancient Roots, Modern Branches*; pgs 9-10, 24-25, 36; 1996

Fawley David O.M.D. *Ayurvedic Healing - A Comprehensive Guide*. pgs 99, 356, 357, 361; Morson Publishing; 1992

Frawley D, Vasant L. *The Yoga of Herbs – An Ayurvedic Guide to Herbal Medicine*; 1992; pgs 157-158, 164, 174-175; Published by Lotus Press; Twin Lakes, WI

Jacob A., Pandey M., Kapoor S., Saroja R. "Effects of the Indian Gooseberry (amla) on Serum Cholesterol Levels in Men Aged 35-55 years." *European Journal of Clinical Nutrition*. 42: 939-944. 1988.

Peysner Randy. *Alternative Medicine - Colon Cleansers*; pgs 44-48; April 2002

Tierra Michael L.Ac., O.M.D. *The Wonders of Triphala: Ayurvedic Formula for Internal Purification*

\* This information has not been evaluated by the FDA. It is not intended to diagnose, treat, cure or prevent any disease.