

# Triphala Guggul

Haritaki	<i>Terminalia chebula</i>
Bibhitaki	<i>Terminalia bellerica</i>
Amla	<i>Emblica officinalis</i>
Pippali	<i>Piper longum</i>
Shuddha Guggulu	<i>Commiphora mukul</i>

## Method of preparation:

All the churnas are made into fine powder & mixed with Shuddha Guggul to make a homogenous mixture. The mixture is then dried, powdered & made into capsule form.

**Reference:** Sharangdhar Samhita

**Shodhan Reference:** Bharat Bhaishajya Ratnakar

## Constituents:

Tannins, Alkaloids- sennoside, Ascorbic acid, Bioflavonoids, Vitamin C, Mucilage, Essential oils- camphene, eugenol, gingerols, Alkaloids- piperine, piperlongumine, Steroids-guggulsterones that are lipid soluble, oleoresins

## Ayurvedic Action:

*Lekhana*- scrapes toxins, *Shodhana*- blood purifier, *Bhagandar*- treats fistula-in-ano, *Shothaghna*- alleviates oedema, *Arshaghna*- treats haemorrhoids

## Bio-Medical Action:

Cholesterolemic, laxative, carminative, alterative, anti-inflammatory

## Indications:

**Heart:** Cardiac pain from atherosclerosis, angina, chest congestion. Triphala guggul has many clinical trials attesting to its ability to reduce cholesterol. Also used for oedema of the heart and the whole body.

**Digestion:** Poor digestion with *ama* and *kapha* like symptoms; slow digestion, low metabolism, tiredness, obesity. Helps with deep-seated toxins and long-term constipation. It has a traditional use for treating haemorrhoids and fistulas. It enkindles digestion and simultaneously scrapes toxins away. It stimulates *medadhatsuagni* to enable lipid tissue to metabolise nutrients efficiently.

**Lungs:** Used in congested lung conditions; asthma, bronchitis, phlegmy cough. Also for sinus congestion, nasal drip and rhinitis.

**Immunity:** Used as part of a strategy to strengthen the whole system; combats allergies, repetitive colds, boils and infections in *kapha* types.

**Arthritis:** Triphala guggul treats rheumatoid and osteo-arthritis with symptoms that are aggravated by cold, wet, damp conditions. It has a specific action on *sleshaka kapha* and the synovial fluid in the joints.

## Combinations:

+ **Bitters** in *pitta* aggravations; **Kaishore guggul**

+ **Demulcent tonic herbs** in *vata* aggravations; Yograjguggul, Bala

+ **Diuretics** in *kapha* aggravations; **Punarnava guggul**. Use bitter and pungent flavours

## Notes:

- Triphala cleans the bowels, regulates the flow of *apanavata* and is an alterative by virtue of its *ama* cleansing properties.
- Pippali enkindles *agni* and burns away *ama*.
- Guggulu scrapes the channels and clears *ama* out of the system- specifically works on *medas-dhatu*.
- Low *dhatvagni* causes the channels to become blocked. This *srotarodha* creates an obstruction to the flow of *vata* around the body. When a *dhatu* becomes blocked *vata* becomes *anuloma* and flows in the wrong direction. Triphala guggul clears obstructions in the channels. It works so effectively in cases of obesity and congestion because it enkindles *medas-dhatu-agni*. This helps to maintain a balanced. Fat tissue and clear the *ama* from the *medovahasrota*s. This prevents *vata* from rebelling back to the stomach and fanning the flames of *agni*. This breaks the vicious cycle of eating and then craving more. The flow of *prana* in the body is smoothed. Its ability to encourage elimination points to its use in all forms of congestion.

## Ayurvedic Energetics:

**Taste** *rasa*: Bitter, Pungent, Astringent, Sweet

**Action** *virya*: Heating

**Post-digestive effect** *vipaka*: Pungent

**Quality** *guna*: Light, Dry

**Dosha effect:** VPK=, P+ in excess

**Tissue** *dhatu*: Plasma, Blood, Muscle, Fat

**Channel** *srota*: Circulatory, Digestive, Respiratory Excretory

**Contraindications:** Caution in aggravated *pitta*

**Dosage:** 2 pills 3x/day