

Triphala - The Three Fruits Formula

A mild laxative used to purify the intestines

Haritaki	<i>Terminalia chebula</i>
Bibhitaki	<i>Terminalia bellerica</i>
Amla	<i>Emblica officinalis</i>

Constituents:

Tannins, Alkaloids - sennoside, Ascorbic acid, Bioflavonoids, Vitamin C, Mucilage

Bio-Medical Action:

Laxative, alterative, anti-inflammatory, carminative, expectorant, anti-oxidant, anti-microbial

Indications:

Digestion: Traditionally used for maintaining a healthy digestive tract. Use when there are signs of sluggishness, constipation, bloating, flatulence, abdominal pain, indigestion. Can help to heal ulcers, inflammations, haemorrhoids and general dysbiosis in the gastro intestinal tract.

Lungs: When there is copious coughing with clear or white phlegm Triphala is used to clear this congestion and strengthen the lungs. Signs of rhinitis, hay fever, sinusitis may also benefit.

Skin: When there are signs of toxicity in the blood - skin inflammations, acne, boils Triphala is used to detoxify the whole system. Also used in gum inflammations with bleeding gums as a mouthwash.

Eyes: Triphala has a long history of use for eye inflammations - conjunctivitis, styes, blepharitis. Use an eyewash of the infusion.

Weight: In conditions of excess weight, high cholesterol, obesity. Triphala can be used as part of a weight balancing programme. Also used to help prevent overeating and food cravings due to its balanced spectrum of flavours.

Combinations:

- + **Triphala** is combined with many herbs and formulas, as it is central to Ayurvedic programmes of health maintenance
- + **Trikatu (Ginger, Black Pepper and Long Pepper)** in sluggish digestion and low appetite. Also beneficial in lung and nasal congestion
- + **Neem, Gotu Kola and Turmeric** in skin conditions with inflammation

Ayurvedic Energetics:

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

Action virya: Cooling

Post-digestive effect vipaka: Sweet

Quality guna: Light, Dry

Dosha effect: VPK=

Tissue dhatu: All tissues rejuvenated

Channel srota: All channels cleansed - especially channels of elimination

Contraindications:

Pregnancy

Dosage:

1-10ml/day of a 1:5@25% tincture. 2 capsules 3x/day