



AYURVEDA ELEMENTS

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Triphala ~ a detoxifying tonic

“When in doubt, try Triphala”, says prominent ayurvedic physician Robert Svoboda. This potent three-fruit compound is a safe, effective and time-tested remedy with an incredibly versatile range of applications. It is also one of the few formulas suitable for all body-types and is mild enough to use daily without risk of side effects or dependency.

Therapeutic uses

Ayurveda teaches that the foundation of health is an efficient assimilation of nutrients and elimination of wastes. When these functions are balanced the body maintains a healthy homeostasis of optimal resilience and regenerative capacities. Triphala is Ayurveda’s principle formula to enhance one’s digestion, elimination and immunity. It is invaluable in treating digestive disorders such as constipation, gas, gastritis, malabsorption, Candida and liver toxicity. A body of modern scientific trials substantiate Triphala’s traditional uses. They have verified the following actions:

1. improves digestion (1)
2. is antioxidant rich (2)
3. improves circulation (cardiotonic and capillary strengthening flavonoids)
4. potentiates adrenergic function (helps the body recover from stress)
5. contains linoleic acid (an essential fatty acid) and phospholipids (5)
6. lowers blood pressure
7. exerts a marked heart-protective and cardio-tonic effect (7, 8)
8. reduces serum cholesterol (9)
9. improves liver function and is liver protective (10, 11)
10. is anti-inflammatory (constituents include Vit. C and quercetin)
11. is expectorant (13)
12. has anti-viral (HIV, AIDS, herpes, CMV) properties (14)
13. has anti-bacterial properties (15)
14. has anti-cancer properties (16)
15. has anti-allergy properties (17)
16. has anti-mutagenic properties (18)
17. assists in weight loss (19)

Another historically documented use for Triphala is as an eye tonic, useful in all ophthalmic conditions. All these qualities give Triphala the reputation as a powerful rejuvenative or rasayana in Sanskrit.

The three fruits

Each fruit balances an elemental pair or dosha. *Phyllanthus emblica* (Amalaki) reduces pitta, *Terminalia chebula* (Haritaki) subdues Vata and *Terminalia bellerica* (Vibhitaki) stabilizes Kapha.

Phyllanthus, also known as ‘the nurse’, provides a rich source of Vitamin C, flavonoids, and carotenoids. It’s astringent, cooling and anti-inflammatory properties make it an effective herb for dyspepsia, ulcers, gastric reflux and colitis.

Terminalia bellerica contains 40% protein and 35% cholesterol lowering linoleic oil. It’s astringent properties reduce mucous in conditions such as asthma, bronchitis and allergies.

Terminalia chebula, also known as the ‘divine’ contains anthraquinones, which give Triphala its laxative effect. It is also a mild nervine and antiparasitic agent useful for irritable bowel syndrome.

Ayurvedic Remedies have made this strong tasting trio more palatable by adding natural peppermint flavour. It also comes in a unique concentrated form giving a minimal dosage maximal efficacy.

So next time you need a formula either for the immune system, digestion, inflammation or the liver –try Triphala, Ayurveda's most frequently prescribed formula.

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