

TRIPHALA : THE TRIAD OF WELL BEING



Triphala has been used to treat wide range of health conditions for centuries in Ayurveda. Triphala is a mixture of three myrobalan or dried fruits (Tri- three and phala - fruit) of herbs viz Amla, Haritaki and Bibhitaki in equal proportion. It is rich in anti-oxidants and is considered the best combination to balance the Tridosha (Vata, Pitta & Kapha) in the body. Haritaki balances the Vata, Amla balances the Pitta while Bibhitaki balances Kapha.

VATA - Triphala is used extensively in Ayurveda to support gastrointestinal system which is the site of Vata. It balances the Apana vata. It removes and prevents the formation of ama (toxins) which helps in optimum absorption of nutrients. It acts as a mild laxative and treats constipation due to vata-anuloman properties of Haritaki. It helps to eliminate toxins out of the body.

PITTA - Triphala is being used in various gastric disorders including intestinal inflammation. It has significant acid lowering, cooling, and anti-ulcer properties. It is a rich source of tannins which prevents ulcer development in the gut and protects the liver due to its protein precipitating and vasoconstriction effects. Eyes are the sight of Alochak Pitta and triphala is an effective formulation to improve eyesight in the form of Triphala Ghrita, Sukshma Triphala, and Triphala Anjana.

KAPHA – Triphala is commonly used in Kapha disorders. It has hypoglycaemic and hypolipidemic effects (Medohara property) and hence is used to treat Obesity, Diabetes, lower Triglycerides and reduces fatigue due to aggravated Kapha. Its anti-microbial property is great for Oral health and dental disorders. Triphala decoction can be used as mouthwash which reduces dental plaque, bad breath and gingivitis.

RASAYAN – Triphala is a Rasayan. It nourishes all the seven dhatus and Ojas in the body. It also strengthens immunity due to presence of active anti-oxidants and immune-stimulators. Hence, it is a tonic for the whole body and fit for regular use.