

Health Benefits of Triphala

Triphala is a combination of 3 synergistic fruits that are native to India that has been used for over 1000 years. The 3 fruits are: Amla (*Emblica officinalis*), Bibhitaki (*Terminalia bellirica*), and Haritaki (*Terminalia chebula*). Triphala is rich in phytochemicals including Polyphenols and Terpenoids which have a wide range of therapeutic effects.

Amla is known as Indian Gooseberry fruit and is one of the highest sources of food source Vitamin C (second only to Barbados Cherry) with 600-700 mg. per fruit (20x more than citrus fruits by weight). Vitamin C is water soluble so it is needed every day, and excess amounts are flushed from the body. It is also high in Iron and Calcium. Amla fruit has a unique balance of sour, sweet, pungent, bitter, and astringent tastes and is said to balance all of the doshas or body types: vata, kapha, and pitta. This fruit is used extensively in Ayurvedic medicine. It contains plant compounds like phenols, tannins, phyllembelic acid, rutin, curcuminoids, and emblicol.

Bibhitaki fruit has been studied extensively for its anti-inflammatory properties. It contains phytochemicals including tannins, ellagic acid, gallic acid, lignans and flavones.

Haritaki is a small green fruit that is held in high esteem in Ayurvedic medicine and is referred to as the “king of medicines”. It contains phytochemicals such as terpenes, polyphenols, anthocyanins and flavonoids. It has all 5 tastes: pungent, bitter, astringent, sweet, and sour. Also, it has a light and dry property, a hot potency, and a sweet after digestion property. For this reason, it balances all the doshas.

Precautions: Anyone with Hemochromatosis (a condition in which iron accumulates in the body) should avoid Amla because it is high in Iron and Vitamin C which helps to absorb Iron. High Vitamin C intake (greater than 2000 mg/day) is associated with greater amounts of urinary oxalate which is linked to the development of kidney stones, but this dosage is unlikely in a fruit source. Amla may increase the risk of bleeding or bruising. Overuse of Haritaki may cause diarrhea, dehydration, fatigue or a prolonged bitter aftertaste. In Diabetics on medication, Triphala may decrease blood sugar levels.

Rejuvenates the body: Triphala has been used to treat a wide range of health conditions. It contains a wide spectrum of vitamins, minerals and amino acids which are combined with a broad spectrum of antioxidant Polyphenols including: Flavonoids such as quercetin, Phenolic acids such as gallic acid, ellagic acid, Non-flavonoid polyphenols such as tannins, highly bioactive tannoids, and curcuminoids. They also contain Terpenes. They have strong oxidative free radical scavenging activity which increases the antioxidant actions of Vitamin C found in the fruits.

Benefits of Amla:

- Boosts the immune system, reduces inflammation, cools the body and reduces fevers
- Enhances collagen production due to being rich in Vitamin C which is an essential nutrient for the production of collagen
- Supports the liver in reducing cholesterol and triglycerides and flushing out toxins

- Nourishes and protects the skin from harmful UV rays, protects the eyes, and promotes healthy hair
- Enhances digestion and balances stomach acid and reduces heartburn
- Supports the heart and strengthens the lungs
- Nourishes the brain and promotes mental functioning
- Increases vitality and improves muscle tone
- An Amla study revealed that Amla helped maintain the length of DNA telomeres located at the end of chromosomes to protect them from damage (as cells divide, telomeres become shorter, and once the telomeres are too short, they will no longer replicate)

Benefits of Bibhitaki:

- Has strong anti-inflammatory properties
- Reduces uric acid in gout patients according to one study using 500 mg.
- Has beneficial effects of blood sugar levels and insulin sensitivity by promoting insulin secretion
- Supports weight loss
- Promotes liver health by lowering lipid peroxidation, liver fibrosis, and detoxifying the liver
- Aids in digestion by triggering digestive juices and increasing the absorption of nutrients in the intestines
- Helps to eliminate abdominal gas, bloating, and cramps, and relieves constipation and indigestion
- Can be effective in treating stomach ulcers
- Eases stress and can improve mood disorders such as anxiety and depression
- Promotes faster wound healing; it has astringent properties and inhibits gram-negative bacteria
- Assists the immune system in preventing infection due to strong anti-bacterial, anti-viral, and anti-fungal properties
- Supports hair growth and treats scalp conditions

Benefits of Harataki: .

- Has a mild laxative effect (decreases transit time of digestion) and treats constipation and decreases flatulence, cleansing the intestines and removing wastes from the body
- Reduces stomach acidity and minimizes the occurrence of stomach ulcers
- May reduce obesity by reducing hunger pangs and cravings for unhealthy foods, reducing fat deposits (when taken with honey), and detoxifying the body which is generally stored in fat cells
- Increases secretion of insulin from the pancreatic B cells and reduces the breakdown of starch into glucose which regulates the secretion of insulin and maintains a lower blood sugar level
- When used as a mouthwash, it prevents cavities and gum disease due to anti-bacterial properties
- Topical use can decrease skin and scalp infections such as acne, rashes, boils, etc. and promote wound healing due to its antibacterial and antioxidant properties