

Triphala

Triphala is highly regarded and can be used as the foundation of nearly all Ayurvedic herbal protocols because it gently removes excess vata, pitta, and kapha. Taken daily, triphala works over time to help bring the three *doshas* back into balance. It is not uncommon for traditional Ayurvedic practitioners to suggest triphala for nearly all of their clients.

Triphala plays an important role in most Ayurvedic detoxification and rejuvenation programs and is usually taken before, during, and after the cleansing process. It is said to cleanse all the channels and rejuvenate all the tissues.

Triphala supports regular elimination without the body becoming dependent on it for this benefit. With consistent daily use, detoxification progressively deepens. As the system becomes increasingly clean, triphala continues to work as a rejuvenative. Many people living an Ayurvedic lifestyle have made daily consumption of triphala a life-long habit.

Because triphala plays a key role in the removal of *ama* (toxins) that can be an underlying factor in many imbalances, it is commonly included in herbal regimens to support digestion, healthy joints, and healthy skin, hair, and bones.

From an Ayurvedic perspective, elimination of toxins from the system is an important component in addressing mental lethargy and foginess. Triphala tablets are often used in conjunction with Mental Clarity. If your client prefers liquid extracts, Triphala liquid extract can be used in conjunction with Focus liquid extract.

Triphala is commonly paired with Trim Support as the herbal component of an effective weight management program that also includes proper diet and exercise. It also helps minimize overeating and food cravings due its balanced spectrum of tastes.

Ayurvedic Energetics:

- Rasa (taste): sweet, sour, pungent, bitter, astringent
- Virya (action): neutral
- Vipaka (post-digestive effect): sweet
- Doshas (constitutions): balancing for all doshas

Herbal Ingredients:

Triphala is made from equal parts of certified organic Amalaki fruit (*Emblica officinalis*), Bibhitaki fruit (*Terminalia bellerica*), Haritaki fruit (*Terminalia chebula*).



Triphala Supports:

- Cleansing
- Rejuvenation
- Healthy elimination
- Weight management
- Joint health
- Healthy skin, hair, and bones
- Digestion
- Immune system
- Mental clarity
- Circulatory system
- Respiratory system
- Genitourinary system
- Balancing vata, pitta, and kapha
- Maintaining balanced doshas

Possible Contraindications:

- Not for use when experiencing diarrhea and dysentery.
- Triphala has a downward, cleansing action, therefore it is generally not recommended during pregnancy.

Drug Interactions:

- There are no known drug interactions with the herbs that make up triphala.
- Some studies do report findings that would advise caution in people taking blood-thinning medicines, as triphala may affect platelet function.^{1,2}
- One study suggests that the triphala ingredient haritaki has insulin-stimulating and blood glucose decreasing effects and advises that those with diabetes monitor their blood sugar while taking triphala.³

¹ <http://www.naturalstandard.com/>

² Ihanntola-Vormisto, A., Summanen, J., Kankaanranta, H., Vuorela, H., Asmawi, Z. M., and Moilanen, E. Anti-inflammatory activity of extracts from leaves of *Phyllanthus emblica*. *Planta Med* 1997;63(6):518-524

³ Zoe Gardner and Michael McGuffin, *AHPA Botanical Safety Handbook*, 2nd ed. (CRC Press, 2013), pp 860.

Form & Administration:

As the foundation of most Ayurvedic herbal regimens, triphala is generally taken daily and for extended periods of time. It is commonly suggested to be taken once daily on an empty stomach, either ½ hour or so before bed or upon rising in the morning. This allows the triphala to move relatively unimpeded through the digestive tract.

Triphala powder—generally considered to be the form with the strongest cleansing effect, especially when mixed in a cup of hot water (¼ to 1 teaspoon). Because many find the taste to be quite bitter and astringent, daily compliance can be an issue.

Triphala tablets—supports compliancy and ease of use, take 2 tablets with warm water.

Triphala liquid extract—take one to two droppers (one dropper is approximately 30 drops and equals 1 ml) in warm water.

Made up entirely of three benign fruits, if necessary triphala powder may be safely consumed in quantities up to 5 grams per day (10 tablets) for short, monitored periods of time.