

## Triphala

Botanical name: *Embolica officinalis*,  
*Terminalia bellirica*, *Terminalia chebula*

Energetics/Actions: Sweet, dry, cool,  
astringent, laxative, carminative,  
antispasmodic. "All tastes except salty"  
according to Ayurvedic texts.

## Description

Triphala is an Ayurvedic formula that means "three fruits" and is a combination of amalaki, haritaki and bibhitaki. It has been used for over 1000 years as a digestive tonic and mild laxative. Triphala is high in vitamin C and other antioxidants. It has antimicrobial and antiviral properties and increases the growth of bifidobacteria and lactobacillus (the healthy microbes of the gut microbiome) while decreasing growth of unhealthy microbes in the gut. It is healing to mucous membranes in the GI tract, upper respiratory tract and urinary tract.

## Uses

Constipation: Acts as a mild, detoxifying laxative.

Digestion: Supports healthy GI tract and liver function.

Blood sugar regulation: Reduces inflammation and supports blood sugar balance. Discuss with your health care provider if you have diabetes.

Oral health: Reduces plaque and gingivitis.

Skin: Protective. Increases collagen production.

## Dose

Capsules: 900-1000 mg (300 mg of each herb) once or twice a day.

Powder: For skin mix 1 tsp with enough cucumber water to create a paste. Leave on for 5 minutes then rinse. Do not apply to broken skin.

As a mouthwash mix ½ tsp in ¼ cup water (it does not taste good).

## Safety information

Not for use in children, the elderly or pregnant or breastfeeding women. Consult with health care provider before taking if you are taking medication for diabetes or P450 (CYP) drugs. Always purchase Triphala from a reputable source to avoid heavy metal contamination.



**Amalaki**  
*Embolica officinalis*



**Haritaki**  
*Terminalia chebula*



**Bibhitaki**  
*Terminalia bellirica*