
TERMINALIA CHEBULA AND BELERICA, EMBLICA OFFICINALIS – TRIPHALA



Terminalia chebula



Terminalia belerica



Emblica officinalis

The widely known **Triphala** or “three fruits” is the most frequently prescribed herbal remedy because of its unique ability to **gently cleanse and detoxify the body** while at the same time **strengthening and nourishing** it. Triphala maintains the healthy functioning of digestive organs, lungs and blood circulation.

Triphala is mainly used to **guarantee a healthy digestive system**, but as the Indian saying goes, if a doctor understands how to use Triphala he can heal all illnesses. Triphala can be an important component in **losing weight** when combined with a balanced treatment of diet and movement therapies. Taken over long periods, Triphala can help **normalize weight and appetite**. Through long-term consumption of Triphala, which has no side effects, and the strengthening, nourishing and protective qualities it has, one can achieve a **well proportioned body**.

Triphala is a **classic ayurvedic tonic** made from combining “three fruits” (the fruit of *Terminalia chebula*, *Terminalia belerica*, and *Emblica officinalis*). One can easily say that Triphala is **the most important tonic in ayurvedic medicine** and is a revered Rasayana for intestines, eyes and skin.

The individual components have their potent healing qualities, but their power is increased through the **synergy of the three**. It is not only soothing and regulating for digestion, but helps regulate bowel movements, strengthens and rejuvenates body tissue, increases the body’s ability to absorb nutrients, increase life energies (Ojas), and is a completely natural anti-oxidant. It is known to give a **long life** and be **invigorating** for whoever takes it.



Because it works slowly and gently it can be **taken over long periods of time without a problem**, and so be **profoundly detoxifying** and balance cholesterol. **Triphala is an optimal rasayana, and should be in every ayurveda practice and in every household.** However, Triphala should not be taken during pregnancy and during cases of diarrhea.

TRIPHALA'S INGREDIENTS

1. ***Terminalia chebula*** is a nourishing fruit that **regulates all three doshas**, is a Rasayana for the eyes, and a support to the digestive system. It purifies the body's energy circuits, and is absorbed easily. Chakara described Triphala as be as useful as mother's milk.
2. ***Terminalia belerica*** calms Pitta and Kapha and **effectively frees energy flow**. Beleric Myrobalan cleanses digestion, blood, muscle and fatty tissue. The direct translation of its Sanskrit name, Bibhitaki, means "The one who stays away from all illness." *Terminalia belerica* is a highly respected Rasayana (tonic), especially for the eyes. Generally it increases the adaptability of the body, and is known as an "**Adaptogen**". Chakara declared it ideal for **balancing fire energy, pitta, and earth energy, kapha**. Metabolic waste is removed from the body, infections are prevented, and it has optimal influence on fat-metabolism and cholesterol.
3. ***Emblica officinalis***, Amla, or holy mother earth, is the most important Rasayana in Ayurveda, most likely because of its high Vit. C content. It is known to defeat all illnesses. Cooling, nourishing, protecting and harmonizing, Amla is rightly called the queen of medicinal plants and antioxidants.

PRODUCTION

The valuable fruits were sustainably harvested in the natural plenter forest Batauli by the Praja cooperative of the Chepangs, a disadvantaged tribe indigenous to Nepal. The harvest of the fruits is closely monitored, and regular courses in sustainability are given by OneWorldalc. The cooperative is inspected and certified annually by IMO Switzerland. Since 2007 this Triphala has been certified organic and is therefore completely sustainable and LOHAS. Carefully handpicked and gently dried in the shade, the plants have retained all of their healing qualities. The herbs are then selected and carefully added to tea mixtures by OneWorldalcNepal. OneWorld is a German – Nepali cooperation for bio-dynamic agriculture that upholds fair-trade principles in all of its undertakings, and is a member of the International Federation of Organic Agriculture Movements (IFOAM).

OUR PRODUCTS CONTAINING TRIPHALA

Triphala can be found in our following teas "**Wohlig Warm**", "**Ayurveda Power**" and "**Vegan mit Elan**"
OneWorldalc also exports Triphala to distributors in the branch of nutritional supplements in the U.S. and Europe. It is available loose or as the unprocessed raw material.