Triphlax-750

$36.96 CAD

An Ayurvedic Detoxification Formula

- Cleansing tonic for the colon, liver and other organs
- Promotes healthy blood pressure and cholesterol
- Supports healthy digestion and weight loss

Gluten Free Vegan Non-GMO Digestive Health

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<th>AOR Code</th>
<th>Variant</th>
<th>Price</th>
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<tbody>
<tr>
<td>AOR04048</td>
<td>100 VEGI-CAPS</td>
<td>$36.96</td>
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Details
Triphala is a traditional remedy from Ayurveda, the ancient medicine system of India. "Triphala" literally means "three fruits"; it is a balanced mixture of the fruits of Emblica officinalis ("Amalaki" in Hindi), Terminalia bellerica ("Bihara"), and Terminalia chebula ("Harada"). No botanical remedy is recommended as often in the Ayurvedic medical texts as triphala. It was prized as a cleansing and detoxification formula dating back thousands of years.

Harada (Terminalia chebula) possesses laxative, astringent, lubricant, antiparasitic, antispasmodic and nerve calming properties. Amalaki (Emblica officinalis) has traditionally been used to treat ulcers, inflammation of the stomach and intestines, constipation, diarrhea, and promotes healthy liver function. Bihara (Terminalia bellerica) reduces excess mucus, providing support in lung and bronchial conditions, and relief from allergies. Triphlax-750 is a high dose of triphala and benefits those who want a natural and gentle formula to improve digestion, relieve constipation and promote detoxification. Triphala is also useful in weight management, since it can stimulate the release of the satiety hormone while boosting gastrointestinal function.

Label Info

Discussion
Triphlax-750 is triphala, which is traditionally used in Ayurveda to support digestion by relieving digestive upsets and disturbances, as well as restoring regularity and relieving constipation.

**Product Variation**

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<tr>
<td>AOR04048</td>
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**Supplements Facts**

<table>
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<tr>
<th>Serving Size: 1 Capsule</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Emblica officinalis</td>
<td>250 mg</td>
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</tr>
<tr>
<td>Terminalia bellerica</td>
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<td></td>
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<tr>
<td>Terminalia chebula</td>
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sodium stearyl fumarate, microcrystalline cellulose. Capsule: hypromellose.

**Guarantees**

AOR™ guarantees that all ingredients have been declared on the label. Contains no wheat, gluten, corn, nuts, peanuts, sesame seeds, sulphites, mustard, soy, dairy, eggs, fish, shellfish or any animal byproduct.

**Adult Dosage**

Take 2 capsules twice daily with/without food, a few hours before or after taking other medications or health products, or as directed by a qualified health care practitioner. Allow at least 6-12 hours for laxative effect to occur.

**Cautions**

Do not take if pregnant or breastfeeding, if you have GI tract constrictions, colon blockage, atonic bowel, appendicitis, IBD, abdominal pain of unknown origin, rectal bleeding, severe dehydration or diarrhea. Consult a health care practitioner prior to use if you are taking thiazide diuretics, corticosteroids, licorice root, products which may aggravate electrolyte imbalance, cardiac glycosides or antiarrhythmic medications, if you have a kidney disorder, fecal impaction or abdominal pain, nausea, vomiting or fever. Reduce dose or discontinue use if you experience abdominal pain, cramps, spasms or diarrhea. Consult a health care practitioner for use beyond 7 days or if symptoms persist or worsen.

**Source**

Natural botanical extracts

**Main Application**

Digestion/elimination

Detoxification
A Clean Colon

One of the most common health complaints facing people as we grow older is occasional bowel irregularity. And in our modern, toxic environment, the importance of keeping the colon clear of residual putrefactive material through regular detoxification has come to the forefront. Ayurveda, the traditional medicine of the Vedic sages, has for centuries offered triphala as a safe, healthy, natural solution to the cleansing of the colon.

Cholesterol & Blood Lipids Too

But Ayurvedic physicians do not regard triphala as a mere laxative. Rather, it is an effective blood purifier, stimulates bile secretion, detoxifies the liver and other organs, helps digestion and assimilation, stimulates the peristaltic action of the intestinal lining (due to its anthroquinones and other bitters), is tonifying (due to the presence of high vitamin C content and essential fatty acids), supports other organs, and helps in the elimination of toxins. Triphala is useful for all kinds of colonic cleansing and to open blockages from many causes. Triphala is a uniquely cleansing tonic that aids in digestion, elimination, and ultimately cleansing and whole-body health. Triphala is also one of two Ayurved formulations that are specific in lowering cholesterol and in eliminating lipid deposits from the liver and other organs, as well as reducing blood pressure and treating spastic colon and other intestinal disorders.

A Formula of Threes

No Ayurvedic botanical is so often recommended in the Ayurvedic medical texts as triphala, a cleansing and detoxification formula dating back to the Charak and Sushrut Samhitas. “Triphala” literally means “three fruits,” and is a balanced mixture of concentrates from the fruits of Emblica officinalis (“Amalaki” in Hindi), Terminalia belerica (“Bihara”), and Terminalia chebula (“Harada”). The same formula is revered in Tibetan traditional medicine as “Bras-Gsum,” also meaning “three fruits.” These fruits correspond to the three doshas, the elementary constituents of Ayurvedic metaphysiology:
Three Ayurvedic Systems

Vata, which is wind, corresponds with the mind and nervous system; Pitta, which is fire or bile, whose main responsibility is metabolic transformations, such as the digestion and assimilation of foods, as well as clarity of thought and understanding; and Kapha, which is water or mucus, that is responsible for all anabolic functions, building up and strengthening the body. According to this system, the health of the human body is determined by the balance of these doshas.

Three Fruits

Triphala is unique in that it combines tonifying, cleaning and nutritional properties. Each of the three fruits contributes to the beneficial properties of the formulation. Among the known properties of the herbs:

1. Harada (Terminalia chebula) is the small fruit held in the hands of the “medicine Buddha” in Tibetan Buddhist tankas. The fruit possesses a laxative, astringent, lubricant, antiparasitical, antispasmodic and nerve calming properties. It contains anthroquinones similar to those found in rhubarb, which provide part of the reason for its ability to treat acute and chronic constipation; but the herb’s traditional uses also include support for nervousness, anxiety and feelings of physical heaviness. Harada also proves to have anti-Vata or antispasmodic properties, such as the reduction of abnormal blood pressure. Chebulin is an active constituent of Harada.

2. Amalaki or Amla (Emblica officinalis) has traditionally been used to treat ulcers, inflammation of the stomach and intestines, constipation, diarrhea, and liver congestion.

3. Bihara (Terminalia bellerica) targets imbalances associated with the kapha dosha, corresponding to the earth and water elements in Ayurvedic medicine; it purifies and balances excess mucus, providing support in asthma, bronchial conditions, and allergies. The fruit contains high concentrations of linoleic acid and also helps to bind bile acids.

Research

Dyspepsia & Ulcers

One study found that Amalaki is as effective as antacids in treating dyspepsia (epigastric discomfort), but slightly superior in supporting the healing of those ulcers.

Better Than Certain Drugs for Gastric Motility

Another animal study examined the effect of Terminalia chebula on gastric motility/gastric emptying compared with metoclopramide, known to increase motility, and with atropine, known to reduce it. Terminalia chebula increased gastric motility 10% more than the metoclopramide. The authors suggested that these results offer the use of Terminalia chebula as an alternative to other drugs on the market that enhance gastric motility.

Intestinal Invaders
An in vitro study has also shown that triphala is lethal to a variety of gastrointestinal pathogens, including bacteria such as Salmonella typhii, Shigella, Klebsiella and Pseudomonas, and fungi like Candida albicans. In vitro, bihara has antihelminthic properties, destroying intestinal worm parasites.

**Blood Sugar Balance**

One animal study found that Triphala reduced blood sugar in diabetic rats, and that improvements continued with subsequent dosing.

**Satiety & Obesity**

One recent molecular finding may explain triphala’s traditional use in treating obesity. CCK, or cholecystokinin, is a satiety hormone, released to tell you that you’re full, and is especially responsive to fat. Synthetic analogs of CCK are under development by pharmaceutical companies to help people realize that they’re full, thereby controlling appetite and supporting healthy weight. Researchers at the BRA Centre for Biomedical Research found that active molecules in triphala bind to the cellular receptor for CCK. The last point is important, since both overeating and obesity disrupt digestion and overburden the gastrointestinal tract, including the liver and bowel. As a result, digestion is compromised, leading to poor nutrient assimilation, imbalances and overgrowth in the intestinal microflora, and putrefaction of ill-digested food. For such conditions, triphala can be highly effective in removing stagnation of both the liver and intestines.

**Market Trends**

Triphala is not a well-known concoction in North America, but it is a widely recommended treatment for various ailments in Ayurvedic medicine.

**AOR Advantage**

Through the Ayurvedic series, AOR highlights the best that Ayurveda has to offer. AOR’s Triphlax-750 provides equal proportions of all three ingredients found in the original Triphala formulation, delivering the colon, detox and other health benefits for which it is so effective.

**References**


Tamhane MD, Thorat SP, Rege NN, Dahanukar SA. Effect of oral administration of Terminalia
Abstract

Antibacterial potential of the three medicinal fruits used in Triphala: An Ayurvedic formulation.


Sumathi P. & Parvathi A.

The present investigation is focused on antibacterial potential of dimethyl sulphoxide (DMSO) extracts from fruits of Emblica officinalis Gaertn., Terminalia bellerica Roxb. and Terminalia chebula Retz. against Salmonella typhi (32 strains) isolated from different human pathogens in agar dilution technique. DMSO fruit extracts of E. officinalis showed potent antimicrobial activity against S. typhi whereas T. bellerica was found to be highly effective against S. typhi. Crude fruit extract of T. chebula also showed significant antibacterial activity against 32 different strains of S.typhi.

Anti-diabetic activity of medicinal plants and its relationship with their antioxidant property.


Sабu MC, Kuttan R.

Methanolic extract (75%) of Terminalia chebula, Terminalia bellerica, Emblica officinalis and their combination named ‘Triphala’ (equal proportion of above three plant extracts) are being used extensively in Indian system of medicine. They were found to inhibit lipid peroxide formation and to scavenge hydroxyl and superoxide radicals in vitro. The concentration of plant extracts that inhibited 50% of lipid peroxidation induced with Fe(2+)/ascorbate were food to be 85.5, 27, 74 and 69 &mgr;g/ml, respectively. The concentration needed for the inhibition of hydroxyl radical scavenging were 165, 71, 155.5 and 151 &mgr;g/ml, and that for superoxide scavenging activity were found to be 20.5, 40.5, 6.5 and 12.5 &mgr;g/ml, respectively. Oral administration of the extracts (100 mg/kg body weight) reduced the blood sugar level in normal and in alloxan (120 mg/kg) diabetic rats significantly within 4 h. Continued, daily administration of the drug produced a sustained effect.

Ancient-modern concordance in Ayurvedic plants: some examples.


Dev S.

It seemed worthwhile to evaluate the three components of Triphala (three fruits), an Ayurvedic remedy for treating various gastrointestinal disorders. The three fruits are products of Terminalia chebula (Sanskirt: haritaki), Terminalia bellerica (bibhitaka), and Emblica officinalis (aamalaki); haritaki has also been recommended in Ayurveda for treatment of obesity. The methanol-extracted
material from the three fruits was evaluated in vitro by radioligand binding assays. As is evident from these data, the three extracts showed good affinity for the CCK receptor, thus, offering good opportunity for the isolation and evaluation of new and possibly clinically useful ligands. My laboratory investigated the extract from T. bellerica in some detail and isolated several pure compounds, one of which (code name B3EA-10; melting point 190-192°C) showed high affinity (IC50 ~ 1.8 mg/mL).

Effect of oral administration of Terminalia chebula on gastric emptying: an experimental study.


Tamhane MD, Thorat SP, Rege NN, Dahanukar SA.

Terminalia chebula is a commonly advocated agent in Ayurveda for improving gastrointestinal motility. Charles Foster rats (150-200 gms of either sex) were divided into four groups as follows—Group 1 (n = 15) normal animals; Group II (n = 6) rats administered metoclopramide (1.35 mg/kg); Group III (n = 8) rats given atropine (0.45 mg/kg). These agents were injected intramuscularly, 30 mins before the experiment. Rats from Group IV (n = 8) were administered Terminalia chebula (100 mg/kg/day for 15 days orally). Metoclopramide and atropine have established prokinetic and antikinetic activities respectively and are therefore included for comparison. All rats were then given a test meal of methyl cellulose (1.5%) mixed with phenol red (50 mg/100 ml) orally and gastric emptying was measured 20 mins later. Gastric emptying of normal rats (Group I) was found to be 51.6 /- 7.79%. Metoclopramide significantly increased the gastric emptying (76.33 /- 12.37%; p < 0.01) and atropine inhibited the motility (% gastric emptying being 7.26 /- 19.76%; p < 0.01). Terminalia chebula was found to increase the percent gastric emptying (86.57 /- 6.65%; p < 0.01). Thus from this study it appears that Terminalia chebula can serve as an useful alternative to prokinetic drugs available today.

Chawla YK, Dubey P, Singh R, Nundy S, Tandon BN.

Treatment of dyspepsia with Amalaki (Emblica officinalis Linn.) — an Ayurvedic drug.


In a study on 38 cases of dyspepsia (with 10 patients of ulcer dyspepsia and 28 cases of non-ulcer dyspepsia) both the groups i.e. patients with ulcer and non-ulcer dyspepsia showed almost equal improvement in subjective and objective parameters with conventional antacids and Amalak-an Ayurvedic drug prepared from the pericarp of dried fruits of the plant Emblica officinalis. It is therefore concluded that Amalaki could be a suitable alternative to antacids in the management of ulcer and non-ulcer dyspepsia.