

Triphala – The Sacred Trinity of Digestive Harmony

Botanical Profile

- Latin Names: *Emblica officinalis* (Amalaki), *Terminalia bellirica* (Bibhitaki), *Terminalia chebula* (Haritaki)
- Alternative Names: Three Fruits, Ayurvedic Triplet
- Plant Family: Various – Phyllanthaceae & Combretaceae
- Parts Used: Dried fruit pulp of all three plants
- Origin: India and other regions of Southeast Asia

Triphala, meaning 'three fruits' in Sanskrit, is a time-honoured Ayurvedic formula revered for its balancing effects on the digestive tract, elimination, and detoxification systems. At Peridotflow, we cherish Triphala as a harmoniser of the inner terrain—gently cleansing, deeply nourishing, and energetically centring. It's one of our most trusted allies for bringing the body back to rhythm.

Gentle Daily Detox and Bowel Regulation

Triphala is renowned for supporting regular bowel movements without creating dependency. It gently tones the colon, softens accumulated waste, and supports complete elimination while also nurturing intestinal tissues.

Balances All Three Doshas (Vata, Pitta, Kapha)

One of Triphala's greatest gifts is its ability to simultaneously pacify excess and nourish deficiency. Amalaki cools excess heat (Pitta), Bibhitaki dries and clears excess mucus (Kapha), and Haritaki tones and grounds excess movement (Vata), making it suitable for nearly everyone.

Supports Nutrient Absorption and Gut Repair

By cleansing and rejuvenating the digestive tract, Triphala allows for better assimilation of nutrients. Its astringent and antioxidant compounds support gut lining integrity and repair leaky or inflamed tissues.

Natural Antioxidant and Immune Tonic

Rich in vitamin C, flavonoids, and polyphenols, Triphala nourishes immunity, supports skin health, and offers systemic antioxidant protection. It has been used to reduce signs of premature ageing and increase resilience to stress and environmental toxins.

Eye, Skin, and Hair Vitality

Traditionally used to support clear eyesight, radiant skin, and healthy hair, Triphala works from the inside out to improve circulation, detoxify the blood, and support natural elimination channels.

Folklore & History

In Ayurvedic lore, Triphala is considered the cornerstone of preventative health. It was said that a person could live a long, healthy life by taking Triphala daily. Used for over 1,000 years, it is honoured as a rejuvenator, internal cleanser, and harmoniser of the three doshas. Its fame lies not in dramatic action but in its subtle, deep, and lasting effects.

Traditional Usage

Taken daily in powdered form mixed with warm water, or as capsules or tincture. Used traditionally for regularity, digestive clarity, visual strength, and cleansing before Panchakarma (detox therapies).

Herbal Actions

Mild Laxative, Tonic, Adaptogen, Antioxidant, Astringent, Alterative, Digestive Restorative

Energetics & Tissue States

Temperature: Cooling

Moisture: Balancing (can be drying or moistening depending on need)

Tissue States: Sluggish, Dry, Inflamed, Atrophic, Stagnant

Active Compounds

- Tannins and Polyphenols – astringent and protective
- Vitamin C – antioxidant and immune support
- Gallic and Ellagic Acids – detoxifying and rejuvenating
- Chebulinic acid – anti-inflammatory, digestive supportive

Dosage & Preparation

- Powder: 1–2 tsp in warm water before bed
- Capsules: 500–1000 mg, 1–2x/day
- Tincture: 2–4 ml up to 2x/day
- Best taken away from food or last thing at night

Safety & Contraindications

- Generally safe for long-term use
- Avoid during active diarrhoea or dehydration
- Use caution during pregnancy unless under supervision
- Can be drying in excess for Vata types if not balanced

Herbal Pairings

- Licorice – to balance dryness
- Ginger – to support warmth and peristalsis
- Slippery Elm – for gut lining support
- Nettle – to nourish blood alongside cleansing
- Dandelion root – for liver synergy

Peridotflow Perspective

Triphala is a beloved cornerstone in the Peridotflow apothecary—a harmonising blend that aligns digestion, elimination, and clarity. Its gentle but consistent action makes it suitable for sensitive clients, long-term wellness plans, and inner cleansing rituals. We reach for Triphala when the system is tired but toxic—seeking rhythm, renewal, and release.