

Maharishi AyurVeda - Public Information

UK Product Name	Triphala with Rose (MA505)	Code Name	MA0505
Availability	Stock item in UK		
Description	Helps maintain a healthy digestive tract and detoxify the liver, intestines and blood. Supports the health of the eyes, red blood cell production and fat balance. Supports disposal of damaged and unwanted cells.		

Triphala with Rose is Maharishi Ayurveda's unique version of the ancient formula called Triphala. Besides nourishing the mind and body and supporting overall vitality and longevity, Triphala with Rose has many specific effects.

It is particularly rejuvenating for the digestive tract, and is a rasayana for the eyes and the skin. Triphala with Rose helps to balance the functioning of the colon, lower abdomen, menstrual flow and elimination. For most people Triphala with Rose is a mild laxative, and for that reason it is excellent for clearing toxins from the digestive system. In moderate doses it is gentle, and detoxifies the body slowly.

Because Triphala with Rose is gentle, you can take it for longer periods of time, and then it has a deeply purifying effect. It goes deeper into the physiology and releases the toxins at a much deeper level -- it cleanses toxins from the nutrient fluid, the blood, the muscle and the fat tissues if used for a long enough time.

Because it detoxifies the blood, muscle and fat tissues, Triphala with Rose is excellent for promoting clear healthy skin. And because it removes Ama from the fat tissue, Triphala with Rose also helps balance cholesterol. Triphala with Rose also purifies the urine and supports urinary tract health. It enlivens the main digestive fire in the stomach. It pacifies Kapha and Pitta, and if taken regularly, is a powerful anti-aging rasayana.

Highest Quality Ingredients

At Maharishi Ayurveda Products, we are committed to only using the highest quality ingredients, and to upholding the authenticity of the ayurvedic tradition no matter what the cost. This is the only way the full range of results indicated in the Vedic texts can be realized.

Here is one example of this. The Haritaki fruit comes in seven different varieties. While all are beneficial, most of them help with only one of the many benefits that the texts mention for Haritaki. One variety is good for the eyes, for instance, and another variety is good for clearing the bowels.

However, most buyers of Triphala don't realize that there is one variety, called Vijaya, that gives all of the results. Vijaya is mentioned by all the great ayurvedic seers as best variety to use, which in itself is rare, as not many fruits and herbs are universally acclaimed by all the seers.

Vijaya is the only variety that is used in Maharishi Ayurveda's Products herbal formulas that use Triphala, because it is, quite simply, the best. But while it is the best, Vijaya is also the most rare. This scarcity makes it more expensive; in fact it is ten times the price of other varieties of Haritaki.

Most people don't know about the dramatic differences in the quality of various varieties of Haritaki and therefore not realize that Triphala available from other companies for a very low price is of a much lower quality. Low-cost Triphala does not contain the Vijaya variety of Haritaki, which is the only variety that brings the wide ranges of benefits mentioned in the Ayurvedic texts. Therefore if you take low-quality products, you cannot expect to get the full range of effects as described.

Herbal Masterpiece

Each of the ingredients that make up Triphala with Rose is renowned for its individual benefits. When combined correctly they enhance each other further.

The Ayurvedic text Charaka Samhita says that Haritaki is as nourishing and useful for everyone as mother's milk. It is considered beneficial for the eyes and a rasayana for the skin. Haritaki is good for the digestive system. It helps supports the absorption of nutrients in food. It is also supports the health of the heart. Another excellent quality of this fruit is that it cleanses the macro and micro circulatory channels (shrotas).

Amla helps purify toxins from the body. One way Amla does this is by supporting food absorption. When your digestion is efficient, the food you eat is converted to nutrition rather than staying undigested and producing impurities.

Amla also helps purify toxins by supporting the liver. If someone has accumulated toxins due to eating junk foods, leading an unhealthy lifestyle or being exposed to chemicals, Amla helps flush out those toxins.

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Amla also supports elimination. It strengthens and purifies Apana Vata, and thus supports the evacuation of the bowel, urine, and menstrual flow.

In addition the urinary system is supported by Amla fruit. It helps the body eliminate excess water in a natural way that is not disruptive or harmful to the body

Bibhitaki helps flush toxins from the blood. The Ayurvedic text Sushruta Samhita points out the "bhedana" effect of this fruit, which means that because of its heating quality it helps keep channels in the body clear almost as if drilling them clear.

Ingredients

Botanical Name	Common Name	Plant Part	Rank	%	Quantity(mg/1000mg)
Terminalia chebula Retz.	Haritaki	fruit rind	1	34.52	345.2
Phyllanthus emblica L.	Amla	fruit rind	1	34.52	345.2
Terminalia bellerica Roxb.	Bibhitaki	fruit rind	3	19.18	191.8
Rosa centifolia Linn.	Cabbage Rose	petal	4	7.67	76.7
Maize starch	Maize starch	excipient	5	1.87	18.7
Opadry nutrapure	Opadry nutrapure	coating	7	0.99	9.9
Oryza sativa Linn	Rice	Rice Bran extrac	7	0.48	4.8
Oryza sativa Linn	Rice	Rice hulls	7	0.48	4.8
Acacia nilotica subsp. toment	Gum Arabic	excipient	7	0.24	2.4

Contraindications/Precautions None

Over dose and its Management An intake of 2-3 times more than the recommended dose is generally well tolerated. In case of intake more than this, skip the next dose. In case of discomfort consult your health advisor.

Side Effects and Interactions None known

Potential Allergens

Usage

Age Group All

Dosage Form 1000mg tablet

Method of Use To support bowel activity take 1-3 tablets at bedtime with warm water for up to 15 weeks and then stop for 4 weeks before restarting if necessary. For general health take 1 tablet twice daily, with warm milk or warm water for up to 1 year. Alternatively the tablets may be crushed and taken with honey and ghee(clarified butter) (2-3 parts honey to 1 part ghee). Ideally take a gap of at least one month before starting again. The gaps in use give the body a chance to become independent of the supplement.

How Long to Continue Use? May be taken continuously for maximum benefit.

Specific Dietary/Lifestyle Advice

Presentation

Presentation 60 tablets in an amber PET pot with t/e lid

Net Weight grams 60

Storage Store in a cool, dry, dark place, tightly closed

Shelf Life (months) 36

Regulatory Status Food Supplement