



Canadian College of
Ayurveda and Yoga

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Virtual Lecture Series

Pharmacological & Therapeutic Effects of Top 100 Traditional Ayurvedic Medicines (TAM)

Session 1

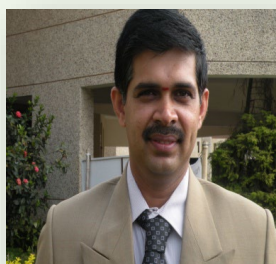
Pharmacological & Therapeutic effect of Triphala Churna

Expert Speaker



Dr Vidhya Unnikrishnan
BAMS, MD, Ph. D (Ay)
Assistant Professor Dravyaguna
(Ayurvedic Pharmacology)

Expert Speaker



Dr Narayana Prakash B
BAMS, MD, Ph. D (Ay)
Professor Kayachikitsa
(Ayurvedic Internal Medicine)

Guest Speaker



Dr. Mahendra Munjapara
Hon'ble Minister of State,
Ministry of AYUSH
Government of India, Delhi

Program

Sunday June 19, 2022

Time: 10:30 am to 11:30 am (EST)

8:00 pm to 9:00 pm (IST)

**Live on- [Facebook](#)
[Zoom](#) – [Register Here](#)**

Triphala, a well-recognized and highly efficacious Traditional Ayurvedic Medicine consisting of fruits of the plant species *Embolia officinalis* (Amalaki), *Terminalia bellerica* (Bibhitaki), and *Terminalia chebula* (Haritaki). Modern studies have validated a number of potential uses of Triphala, which include free radical scavenging, antioxidant, anti-inflammatory, immunomodulating, appetite stimulation, gastric hyperacidity reduction, dental caries prevention, antipyretic, analgesic, antibacterial, antimutagenic, wound healing, anticariogenic, antistress, adaptogenic, hypoglycemic, anticancer, hepatoprotective, chemoprotective, radioprotective, and chemopreventive effects. One human clinical trial that investigated the use of Triphala in patients with gastrointestinal disorders reported that treatment reduced constipation, mucous, abdominal pain, hyperacidity, and flatulence while improving the frequency, yield, and consistency of stool. To know more, please join Lecture on Zoom.

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