



Canadian College of
Ayurveda and Yoga

{ in
association
with }

Tathastu SO BE IT
Eastern Wisdom for Mind • Body • Soul



European
ayurveda
association

Virtual Lecture Series

Pharmacological & Therapeutic Effects of

Top 100

Traditional Ayurvedic Medicines

(TAM)



Canadian
Ayurvedic
Practitioners
Association



International
Ayurveda
League



ASSOCIATION
AYURVEDA
ACADEMY CIC

Session 1

Pharmacological & Therapeutic effect of Triphala Churna

Expert Speakers



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



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

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 *Emblica 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.

Canadian College of Ayurveda & Yoga Inc.

2250 Bovaird Dr East, Unit 502, Brampton. Ontario. L6R0W3

Ph: +1-647-300-1311. E-mail: admin@ccaycollege.com