




HEALTH TIPS

**Panacea for soul healing:**

- A healthy body is a “**guest-chamber**” for the soul; a sick body is a “**prison**”.
- Believe as one **interdependent unit**, all three, body, mind and soul, must work in harmony to maintain positive health.
- Diseases are the penalties we pay either for **overindulgence** or for our **neglect** of the means of health.

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Nature's panacea to human being:

Healing properties of nature's panacea		
Amla (Indian Gooseberry)	Bibhitaki (Belleric myrobalan)	Haritaki (Terminalia Chebula)
<ul style="list-style-type: none"> • Contains highest natural source of Vitamin-C; nearly 20 times of an orange; • Contains 3 times the protein concentration of an apple; • Contains 160 times the ascorbic acid concentration of an apple; • Higher concentration of most minerals and amino acids than apples; • Blood purifier; • Strengthens immune system; • Prevents and cures respiratory disorders; • Strong rejuvenative and nutritive; • Balances stomach acids; • Improves food absorption; • Being an anti-oxidant- prevents premature aging, graying and falling of hair; • Strengthens lungs; • Enhances brain functions; • Anti-oxidant and detoxifier, cleanser and treats skin disorders; • Enhances fertility if used on regular basis; • Acts as a coolant; • Treats haemorrhage (loss of blood from the circulatory system), diarrhoea and dysentery; • Very useful for scurvy (a disease that leads to the formation of spots on the skin); • Treats disorders of the eyes; 	<ul style="list-style-type: none"> • 'Bibhitaki' is 'one who keeps you away from disease'; • Supports the healthy formation of three bodily tissues - nutrient plasma (Rasa Dhatu), muscle (Mamsa Dhatu) and bone (Asthi Dhatu); • Its high linoleic acid, an essential fatty acid, reduces the fat content in the blood thereby increasing HDL (good cholesterol) and reducing LDL (bad cholesterol); • Being fat remover it is a weight loss supplement; • Effectively supports of the liver function; • Used for detoxification; • Clears kapha and ama from urinary, digestive and respiratory systems; • Acts as a gentle laxative and helps in smooth evacuation; • Effective purgative (induce bowel movements or to loosen the stool); • Useful in asthma, piles and cough, in healing of wounds and scalds; • It is used as gargle against inflammation of mucous membrane of mouth; • A extract of it showed significant inhibitory activity on HIV-1; 	<ul style="list-style-type: none"> • It heals wounds; • It promotes appetite as digestive aid, Liver stimulant, as stomachic, as gastrointestinal prokinetic agent, and mild laxative; • It can be taken for a long time without any ill effects; • It is a good nerve - used in nervous weakness, nervous irritability, promotes the receiving power of the five senses; • Has anti-bacterial, anti-fungal and antioxidant properties; • It helps from edema (abnormal accumulation of fluid beneath the skin) and various inflammations; • It is good for chronic cough, sore throat and asthma; • It is useful in urethral discharges like leucorrhoea and spermatorrhea; • It can be given as adjuvant in atonic (losing strength) conditions of Uterus; • It is helpful in Renal calculi, dysurea, and retention of urine; • It is useful in skin disorders; • Acts as anti-inflammatory in arthritis patients; • Improves heart function;
 <p style="text-align: center;">Amla</p>	 <p style="text-align: center;">Bibhitaki</p>	 <p style="text-align: center;">Haritaki</p>
<p>TRIFALA: Trifala, literally meaning “three fruits”, made up of equal parts of Amla, Bibhitaki and Haritaki, the synergistic properties of Trifala are widely accepted to have powerful cancer-fighting properties, anti-aging effects and boosts the immune system. The most popular herbal remedies, in the health food industry, are those that promote bowel movement. The reason is quite simple since a very common problem for so many individuals is constipation and bowel irregularity. It is very tremendously valuable formula that not only regulates bowel movement but at the same time also does the following functions:</p>		
<ul style="list-style-type: none"> • Improves digestion (pain in abdomen, constipation disorders, loss of appetite, acidity); • Reduces serum cholesterol as it contains 31% linoleic acid; • Improves circulation (potentiates adrenergic function); • It has a cardio-protective effect; • Reduces high blood pressure and hypertension; 	<ul style="list-style-type: none"> • Improves liver function; • Has proven anti-inflammatory; • Has anti-viral properties; • It is expectorant; • Improve body immunity; • Heals skin ailments; • Improves low vision; • Heals headache; • Beneficial in diabetes. 	
<p>Actually, Trifala, being panacea, is the most popular herbal formula and an effective laxative that also supports the body's strength. It uniquely cleanses and detoxifies at the deepest organic levels without depleting the body's reserves. This makes it one of the most valuable herbal preparations in the world.</p>		
<p>Precautions: Trifala is not recommended during pregnancy or nursing and in cases of diarrhoea and dysentery.</p>		
<p>Effect on tri-doshas: Trifala balances all the three doshas i.e. kapha, vatta and pitta.</p>		
<p>Disclaimer The above information have been taken from the reliable sources, still the author is not liable for any loss or damage that may be caused directly or indirectly by the above information. A physician is always recommended for any remedy.</p>		