

Ready to start planning your care? Call us at [800-525-2225](tel:800-525-2225) to make an appointment.

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Triphala has immunostimulatory effects and may help prevent gingivitis.

Triphala is an herbal formulation used in the Indian medicinal system of [Ayurveda](#). It consists of three medicinal plants: [Embllica officinalis](#), [Terminalia chebula](#), and [Terminalia bellerica](#). It may also be combined with [guggulu](#), a tree gum resin, for additional therapeutic effects. Triphala is used for dental caries, anemia, jaundice, constipation, asthma, fever, chronic ulcers, inflammation, obesity, and to strengthen the immune system.

Studies of this formulation for various conditions in humans are limited, and additional studies are needed.

## What are the potential uses and benefits?

- To treat GI problems  
Animal models suggest gastroprotective effects, but human studies are lacking.
- To control inflammation  
Animal studies suggest that Triphala may reduce inflammation, but human studies are lacking.
- To decrease high levels of cholesterol  
Clinical studies are limited and mixed. Additional studies are needed.
- To strengthen the immune system  
Data are limited and larger studies are needed.
- To prevent gingivitis  
Several clinical studies suggest that Triphala may help reduce dental plaque, but it is not clear if it as effective as chlorhexidine mouthwash.
- To treat cancer

Although anticancer properties of Triphala have been observed in the lab, human data are lacking.

## What are the side effects?

Rare: Gastrointestinal side effects

## What else do I need to know?

Do Not Take if:

- You are taking CYP substrate drugs: Triphala may increase risk of side effects from drugs that are metabolized by CYP3A4 and CYP2D6 enzymes.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

Triphala - Last updated on January 5, 2022

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