



# THIRIPALA CHOORANAM

Ref:- Siddha VaithiyaThirattu



## Ingredients:

- *Terminalia chebula*
- *Terminalia bellerica*
- *Emblica officinalis*

## Action:

Thiripala Chooranam acts as an antiseptic and wound healing action. It acts as a laxative and preventing constipation. It also reduces the blood sugar and hypoglycemic agent.

## Indications:

Thiripala Chooranam can be prescribed for the following conditions,

- Constipation
- Antiseptic on conjunctivitis
- Bronchitis

## Dosages and direction for use:

Dose	Supporting drug	Supporting drug Strength	Carrier	Carrier Strength	Morning	Evening	Before food	After food	No.of days
1 g	-	-	Hot water	100 ml	Y	Y	-	Y	30

**Direction :** - Take 1 g of Thiripala Chooranam, mix with 100 ml warm water and consume 30 minutes after food.

## Diet Instructions:

Eat Vegetarian Food, Must not eat Mustard, Mustard oil, Sesame seed, Sesame oil, Tamarind, Bitter gourd, Bottle gourd, August tree leaves, Pumpkins.

## Side Effects:

Thiripala Chooranam is not known for any known side effects if taken as per the prescribed dose along with diet instruction.

**Note:** The above information are for reference only. The actual usage of the medicine will be advised by physician based on the disease condition.