

Detox Herbs

(Article provided by Himalaya Herbal Health Care)



Gokshura



Neem

“A body burdened with toxic residues has been shown to be at increased risk of developing heart disease, liver damage, cancer and autoimmune diseases”



Triphala

Technology is a double-edged sword. The good aspect is that it has made our lives luxurious and convenient. The flip side is that our lives are spent in environments that are becoming increasingly toxic. Thanks to artificial environments, artificial lighting, artificial air, rising levels of environmental toxins, reduced plant cover and burgeoning levels of stress; our health has taken a beating, without being able to detoxify itself of these natural and artificial toxins that suffuse our lives.

Our bodies detoxify naturally daily through breathing, digestive tract function, the liver, the lymphatic system, the skin, and the urinary tract. These organs and body systems are designed to process toxins into less harmful substances and eliminate them. However, increased toxic burden on our body's systems creates toxic residues, which accumulate in the fatty tissues and organs resulting in illness and disease. Many of the symptoms of toxicity include exhaustion even after a full night's sleep, excessive weight gain, chronic pain, limited sense of well-being, and even greater lethargy after eating meals. A body burdened with toxic residues has been shown to be at increased risk

of developing heart disease, liver damage, cancer and autoimmune diseases.

The digestive tract is very important to the body's detoxification process. This is where food is converted into

energy and where toxins are eliminated. Cleansing and rebalancing the digestive tract is the first step to enhance overall energy and an end to lethargy after meals. A balanced detoxification program includes the cleansing of the colon and liver as well as the lungs, skin, kidneys, and lymphatic system. A cleansing programme in which these detoxification “channels,” or pathways in the body, are opened, cleansed, and functioning optimally is key to experiencing vibrant health through detoxification. Specific herbs, pure food, water, and other natural elements help the body's detoxifying systems to expel these toxins.

How does detoxification help you?

Increased energy levels, greater sense of well-being, joy in living, and inner peace are just a few of the benefits. Additionally, detoxification results may include an improved physical appearance, clearer mental processes, elimination of allergies, achievement of ideal weight, and reduced effects of aging.

Ayurveda has always recognized the power of detoxification and the role of herbs in helping detoxify and cleanse the body of toxins.

Herbs like *Cassia fistula*, *Azadirachta indica*, *Eclipta alba*, *Curcuma longa*, *Saussurea lappa*, *Picrorhiza kurroa*, *Crataeva magna* and *Embelia ribes* are known to possess detoxifying and liver-protective activity in cases of toxicity induced by drugs and chemicals. Numerous studies have shown that these herbs ensure optimum liver function through regeneration of liver cells and antioxidant properties. Through the protection of the hepatic parenchyma, and due to its potent antioxidant properties, the herbs act as powerful detoxifying agents. They neutralize all kinds of toxins from food, water, air and medications - all sources of detrimental effects on the liver.

Triphala is one such unique formulation, which combines the power of three herbs namely Amalaki (*Emblica officinalis*), Vibhitaki (*Terminalia bellerica*) and Haritaki, (*Terminalia chebula*), to bring about cleansing and detoxification at the deepest organic levels without depleting the body's reserves. This makes it one of the most valuable herbal preparations in the world. Triphala also has excellent laxative, stress-reducing and rejuvenating properties. Triphala is mentioned throughout the ancient literature of Ayurvedic medicine

as a tonic and is highly prized for its ability to regulate the processes of digestion and elimination. It also exerts powerful antioxidant action thereby reducing oxidative stress and also possesses cancer fighting and immune system stimulating actions. Used by itself or in formulation, Triphala plays an essential role in the treatment of a wide variety of conditions.

Another herb that has been used extensively as a detoxifier in Ayurvedic medicine is Neem, also known as Nimba in Sanskrit. With its long leafy branches and lotus like flowers, the Neem tree (*Azadirachta indica*) has long enjoyed a prominent place in the Ayurvedic tradition. Centuries ago, Sanskrit writings made mention of its medicinal applications, and healers in India continue to call Neem the "village pharmacy" in acknowledgment of its versatile range of uses.¹

Neem is extensively used in Ayurvedic medicine to treat skin blemishes, skin infections, eczema, psoriasis, fever, fungal infections, and as an excellent blood purifier and detoxifier. All parts of the Neem tree - leaves, flowers, seeds, fruits, roots and bark have been used traditionally for the treatment of inflammation, infections, fever, skin diseases and dental disorders. Their beneficial actions are due to their blood purifying, immune system regulating, anti-inflammatory, blood sugar controlling, anti-ulcer, anti-microbial, anti-oxidant, and anti-cancer properties.² Gokshura (*Tribulus terrestris*) is a rejuvenating herb used in Ayurveda to support proper function of the urinary tract and prostate. Gokshura helps maintain efficient kidney and urinary functions, and reduces renal discomfort. It has diuretic action³ and helps in the prevention and expulsion of urinary stones⁴. Gokshura also contains aphrodisiac properties⁵ and is a popular herb in the treatment of erectile dysfunction.

Here are some things you can do to help your body detoxify itself better.

- Invest in high quality air and water purification systems.
- Opt for natural environments as far as possible.
- Reduce dependency on synthetic materials.
- Provide for natural sunlight throughout the office and home for a more healthy, natural and relaxing environment.
- Add detoxifying herbs and herbal supplements to your daily routine.
- Finally, add a regular dose of exercise that you enjoy doing.

References:

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