



SATYAVANI  
RISING

# The Top Three Ayurvedic Herbs EVERYONE SHOULD BE TAKING

Want to have better digestion, sound sleep and a clear mind? In addition to a lifestyle that includes a healthy diet and daily exercise here are the top three Ayurvedic herbs that can benefit your health...

## 1. TRIPHALA

Translated from Sanskrit to mean "three fruits," it is a traditional Ayurvedic herbal formulation that consisting of three berries native to India: Amalaki (Indian gooseberry or *Emblica officinalis*), Bibhitaki, (Black myrobalan or *Terminalia bellerica*), and Haritaki (*Mirobalán bellerico* or *Terminalia chebula*). Triphala is known for its ability to cleanse the system by alleviating gas and promoting better and smoother digestion. Often suggested as an alternative to over-the-counter laxatives it has been known to assist in weight loss, lowering cholesterol, and improving skin health as additional benefits.



## ASHWAGANDHA 2.

Also called "Indian winter cherry" or "Indian ginseng," ashwagandha (*Withania somnifera*) has been used in traditional Ayurvedic medicine for thousands of years to assist with insomnia. Considered an adaptogen, it helps the body better manage stress. In addition to helping you catch more Zs, ashwagandha has been known to assist in reducing inflammation and cortisol levels as well as boosting immunity, increasing stamina, and fighting infection.

## 3. BRAHMI

Known as "the herb of grace" brahmi (*Bacopa monnieri*) is a mental rejuvenative herb that helps enhance brain function. In addition to improving cognitive functioning overall, brahmi specifically improves memory and concentration due to its adaptogenic properties. Additional benefits include improved skin and hair health, reducing anxiety and joint support.

