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## VARA CHURNA

Planet Ayurveda's Vara Churna is an herbal powder meant for cleansing the colon and curing constipation. Vara Churna is a combination of three Ayurvedic herbs Haritaki, Bibhitaki and Amalaki. All three are together known as 'The Myrobalans'. The combination of herbs used in the preparation of Vara Churna helps in eliminating toxins from body.

### **Benefits / uses of ingredients used in the preparation of Vara Churna:**

**Haritaki General description:** This tree is the source of many chemicals like Tannic acid, Chebulinic acid, Gallic acid, resin, Anthraquinone, Sennoside, mucilage, Chebulinic, Terchebin, Palmitic acid, Stearic acid, Oleic acid, Linoleic acid, Behenic acid etc. Haritaki is added in a variety of Ayurvedic formulations which are used as supplements for maintaining health. Haritaki is also known as Harara or Chebulic Myrobalan.

It is a commonly used herb in India for relieving constipation. It acts very effectively and mildly on the stomach. Haritaki strengthens the digestive system and improves its functioning. It helps to clear blockages in the stomach.

**Bibhitaki General Description:** The fruits bear astringent properties and are used for multiple purposes. Dried powder of Baheda fruit pulp is used for making Vara Churna. Bibhitaki is also known as Baheda or Bellerica Myrobalan.

It improves the functioning of the liver and increases the count of red blood cells. Bibhitaki is a rejuvenator and a laxative herb. It helps to relieve constipation. Bibhitaki is efficient in controlling bleeding in sputum and eases bronchospasm. It enhances the immunity and is helpful in maintaining the blood pressure and cholesterol. It is helpful in arresting bleeding of wounds. Its anthelmintic properties help to expel parasitic worms from the stomach.

**Amalaki General Description:** Amalaki is one of those fruits which is full of antioxidants, vitamins and minerals. The fruit has abundance of flavonoids, polyphenols and carotenoids besides the



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richness of vitamin C which is found in this fruit in large amounts as compared to any other herb. Amalaki also known as Amla. It is commonly known as Indian Gooseberry.

It is one of the nature's richest source of vitamin C and forms a part of Rejuvenation therapy or Rasayana therapy. It provides nutrition to the body and effectively eliminates toxins from the body. It is used in fresh and dried forms. This wonderful fruit has innumerable properties and works on several ailments.

#### **Let's know in detail what the benefits of Vara Churna are-**

- It is useful in cleansing the colon.
- It reduces high blood pressure.
- Improves blood circulation.
- It helps in reducing the high cholesterol level.
- Eliminates toxins from the body.
- Effective in relieving ailments like vision problems, acidity, migraine, general weakness and obesity.

**Recommended dose** – 1 to 2 tsp. of this powder should be mixed with warm water and consumed during the evening. Alternatively it can be divided into three parts and consumed throughout the day. Both children and adults can use this herbal powder. If it is taken in larger dosage, it works like a laxative and in minimum dosages, it works like a blood purifier.



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