



AMERICAN HERBAL PHARMACOPOEIA®

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AHP Releases Standards of Identity, Analysis, and Quality and Therapeutic Compendium for Belleric Myrobalan Fruit

The American Herbal Pharmacopoeia® (AHP), a California-based nonprofit research organization, is pleased to announce the release of a Monograph and Therapeutic Compendium for Belleric Myrobalan Fruit (*Terminalia bellirica*). The monograph was a joint effort of AHP and researchers at Jadavpur University, Kolkata, India and Savitribai Phule Pune University, Pune, India and included reviews by Ayurvedic experts worldwide.

Known in Sanskrit as vibhitaka, meaning “eliminating fear of disease” or “fearless,” belleric myrobalan fruits are among the most important botanicals used in Ayurvedic medicine and one of the three fruits in the ancient triphala formula that remains a staple of all Ayurvedic herbal practitioners today. Triphala is arguably Ayurveda’s most important and universally used formula.

According to AHP President and monograph editor Roy Upton, “I surveyed a number of Ayurvedic practitioners many years ago and, to a person, triphala was regarded as their most important formula with virtually every patient at some point in their treatment protocol receiving triphala. So, it is a natural to develop monographs on the individual fruits. While the benefits of triphala are well known, this often causes the amazing benefits of its individual ingredients to be overlooked. Vibhitaka has been in recorded use since around 1700 BCE. That in itself is amazing and deserving of learning of this important fruit.”

AHP is currently working on monographs for triphala formula, along with the other two triphala fruits, emblic myrobalan (amalaki; *Phyllanthus emblica*) and myrobalan (haritaki; *Terminalia chebula*).

Some of what the herbal world is saying about the AHP Belleric Myrobalan Fruit Monograph and Therapeutic Compendium:

This is clearly a masterpiece of many years of effort, hard work, and accumulated experience that is a valuable contribution to the botanical literature.

~ Patrick Liu PhD, Senior Lab Analyst III, Threshold Enterprises

This is so profound and really inspiring work. A complete impressive work for generations, No words are enough to thank for this great work.

~ Sarita Shrestha MD (Ayurveda), Kathmandu, Nepal

The monograph looks absolutely great and will be very useful given the importance of this myrobalan in Ayurveda!

~ Amala Soumyanath PhD, Oregon Health & Science University

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The Belleric Myrobalan Fruit Monograph and Therapeutic Compendium (PDF) is available by ordering from the AHP website at http://www.herbal-ahp.org/order_online.htm

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