

ARJUNA (*Terminalia arjuana*)

Latin name -Terminalia arjuana (Roxb. ex DC.) Wt. et Arn.

Family – Combretaceae

Synonyms

1. Nadisarza
1. Dhawala
2. Swetwaha
3. Kakubha
4. Virvriksha
5. Hridhyarogvairi

Vernacular Names

- Sanskrit - Arjuna
- English -White Murdah
- Hindi - Arjan

Part used- Twak(Bark)

Rasa panchaka -

Rasa - Kashaya

Guna - Laghu, Ruksha

Virya - Sheeta, Ushna (Rajanighantu)

Vipaka – Katu

Karma (Actions)

Hradya (Prabhavajanya karma), Vranahara, Artighna, Bhagna sandhanakara,

Raktapittahara.

Pharmacological actions

Cardiotonic, Antidysenteric, Diuretic, Antihypertensive.



Indications - Hridroga, Medoroga, Prameha, Vrana, Rakta-pitta, Mutraghata, Kshayahara, Grahani, Kandabaghna

Dosha karma-

Kapha Pitta Shamaka : Kaphahara because of Kashaya rasa and Katu vipaka, Pittahara because of Kashaya rasa and Shita virya

Actions on Dhatu - Medohara, Asthisandhanaka

Amayika prayoga (Therapeutic uses) -

1. **Hridroga (Heart disease)** - The intake of powder of the bark boiled in milk relieves Hridroga. If the powder is taken with jag-gery or milk or ghee not only relieves Hridroga but also acts as tonic and increases the longevity. (Vrinda)
2. **Kshayaja kasa (Cough due to emaciation)**- The bark powder to be pounded (Bhavana) with Vasa swarasa (juice) several times on in-ternal administration with honey and sugar relieves Kshayaja and Raktaja kasa. (Bhavaprakasha)
3. **Bhagna (Bone fracture)** - The intake of bark powder with milk is useful in Kandabhagna. (Vrindamadhava)
4. **Mutraghata (Obstruction of urine)** - The de-coction of bark relieves Mutraghata. (Vagbhata)
5. **Grahani (Disease of duodenum)** - Bhringa-raj and Arjuna kshara administered with Mastu (supernatant portion of curd) relieves Grahani with pain. (Vangasena)
6. **Prameha - Shukrameha** - Decoction of Arju-na and Candana is useful. (Sushruta)

Matra [Dose]-

- Kwatha [Decoction] -60 to 100 ml
- Churna [Powder] -3 to 6 g.
- Kshirapaka [Decoction with milk]- 20 to 30 ml

Important phytoconstituents T. arjuna - arachidic stearate, cerasidin, arju-nic acid, tannins, arjunone, arjunetin, ar-junolone, arjunglucosides I & II; arjunoside I, II & IV; arjunolic acid etc.

Specific formulations - Arjunarishta, Arjuna ksheerapaka, Arjunadi taila, Kakubhadi churna, Parthadyarishta.

Habitat & Distribution - Terminalia arjuna is found throughout India from the sea coast to an alti-tude of 1000m and is generally metwith along the river banks, hill streams and canal bunds. The tree is planted along the National and State high ways for shade. The tree is also dis-tributed in Sri Lanka and Malesia.

External Morphology - Three tree species are considered as the source of 'Arjuna', of which Terminalia arjuna is widely accepted.

Large tree, 15-30 m tall. Trunk 1-5m or more in girth, bark thick, smooth, greenish-grey with patchy markings of the outer flaking off bark, and reddish inside. Leaves simple, al-ternate-sub

opposite, oblong or elliptic - ob-long, 7-13 x 4.5-6 cm; petiole with 2 glands near the leaf base. Inflorescence of axillary or terminal paniced spikes; flowers greenish white, calyx tubular with 5 triangular lobes about 0.4 cm across, star - shaped, petals ab-sent, stamens 10. Fuit a 5 - angled, narrowly 5 winged, fibrous - woody drupe, obovoid oblong in out line, 4-6 x 2.5-3.5 cm, veins on the wing curving up wards. Seeds solitary.

Flowering - April-June

Fruiting - October-February