

Haritaki



Botanical Name -

Terminalia chebula Retz.

Terminalia-Proceeding from the extremity at the end.

Family-

Combretaceae

Morphology -

Moderate to large sized deciduous tree, attaining height upto 90 ft. youngest leaves, branchlets and leaf buds have soft, shining, generally rust coloured hairs.

Useful part-

Phala (Fruits).

Karma -

Rasayana, Shwasahara, Pramehahara,
Arsoghna, Kushthagna.

Pharmacological Action -

Antimicrobial,
Antifungal
Anti Bacterial) -

Doshakarma (Action on Dosha -

- Tridosha Shamaka,
- Vatahara due to Ushna virya and Madhura vipaka .
- Pitta Shamaka because of Madhura vipaka and Kashaya rasa.

Rogagnata (Indications) -

Vibandha, Shwasa, Kasa, Prameha, Arshas, Kushttha, Netraroga, Shotha, Krimi, Chardi, Shula, Agnimandya & as a Rasayana.

Haritaki Prayoga Bhedena Phalabheda -

1. *Charvita*-Chewed and swallowed increases Agni.
2. *Peshita* (Powder) - When triturated acts as Malashodhaka (Purifies faeces).
3. *Swinna* - When boiled acts as Sangrahi (Astringent).
4. *Bhrishta* - When fried acts as Tridosha Shamaka (Counters Tridosha).

Synonyms-

Amṛtā, Abhayā, Kāyasthā, Vayasthā, Pathyā, Vijayā, Śivā, Jayā, Haimavati

Habitat -

Haritaki is commonly growing in Himalaya .

Phytoconstituents -

Chebolic myrobalan is an important source for Tannin. It contains upto 32% of Tannin (Hydrolysable) and on hydrolysis yield chebulic acid and d-galloyl glucose. Other constituents include chebulagic acid, chebulinic acid, gallic acid, sorbitol, ethyl gallate, punicalagin terflavin A, Terchebin.

Properties and Actions -

- Consuming Haritaki rejuvenates the body and wards off fear for diseases.
- Haritaki has rejuvenation quality and protects from old age disorders.
- Haritaki is efficacious drug and never fails in showing action for the purpose
- Vyatha means pain, Haritaki relieves pain.
- Haritaki promotes health and postpones old age.
- Haritaki sharpens the mind.
- Haritaki brings back normalcy and promotes strength.

Grahi Laxana (Characteristics of market sample):

Two types of fruits are available in the trade. Large sized fruit and small sized fruit.