

HARITAKI (*Terminalia chebula*)

Family - Combretaceae

Synonyms:

- **Abhya:** Relieves fear of diseases.
- **Shiva:** Brings good fortune.
- **Shreyasi:** Having good qualities.
- **Hemvati:** Grown in Himalayas.

Rasa-Panchak

- **Guna** - Laghu, Rooksha
- **Rasa** – Pancharasa (Madhura, Amla, Katu, Tikta, Kashaya)
- **Kashaya**- Dominant
- **Vipaka** - Madhura
- **Veerya** - Ushna
- **Prabhava** - Tridosahara

Chemical Constituent: Chebulinic acid, Tannic acid, Anthroquinone

Part used - Fruit

Dose - 3 to 6 gm

Formulation - Abhyarishta, Chitrak haritaki

