

# Haritaki

Presented by:

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# Introduction

- **Scientific Name:** *Terminalia chebula*
- It is one of the most important herb of Ayurveda used as a Rasayana for its strong anti-bacterial, anti-viral and anti-fungal properties
- Abundant in Northern India, also occurs in Bihar, West Bengal, Assam, Central India and South India.

# Classification:

- Family: Combretaceae
- Genus: Terminalia
- Species: Chebula
- कुल - हरितकी - कुल

## Classical categorization (गण)\_

- Charaka-jvaraghna(ज्वरघ्न), Prajasthapana(प्रजास्थापन), Kusthaghna(कुष्ठघ्न), Kasaghna(कासघ्न), Arshoghna(अर्शोघ्न)
- Sushruta-Amalakyadi(आमलक्यादी), Parushakadi(परुषकादी), Triphala(त्रिफला)
- Vagbhata -Parushakadi( परुषकादी)

## Vernacular names:

- Latin name: *Terminalia chebula*
- English name: Chebulic myrobalan
- Hindi name: Harde ( हरड़ )
- Nepali name: हर्छे
- Sanskrit name: हरीतकी

# Paryaya :

- Himavati - It grows everywhere and in Himalayas up to about 1500 meters.
- Panchbhadrika - Its fruits contains five rasas except lavana.
- Haritaki, Pramatha - It eliminates impurities of the body.
- Putana - It cleanses the body.
- Pathya- It cleanses the body channels all the systems.

# Cont.

- Pranada, Jivanti - It improves the vital energy and strength of body.
- Amruta - It also act as rasayana.
- Abhaya - It removes fear of diseases.
- Vayasya - It maintains youthfulness.
- Kayastha, Chetaki - It promotes activity of both body and mind



## Morphology:



- It is a large tree, 25 to 30 m. height with rust-coloured or silvery hairs over the younger branch lets etc.
- Its wood is hard and bulky.



# Leaves

- Leaves mostly sub opposite, distant, ovate or oblong-ovate, 10-20 cm. long, deciduous in the cold season.
- The inferior aspect of the leaves show two small nodules near its attachment with the stalk.



# Flower

- Flowers - dull, white or yellowish, with a strong offensive smell, in spikes from the upper axils and in small terminal panicles.



# Fruits

- Fruits - obovoid or ellipsoidal from a broad base, glabrous, more or less 5-ribbed when dry.



# Seed

- Seed-each fruit contains one seed, oval and hard. On breaking the shell of the seed an oval shaped pulp is obtained
- Flowers in April-May and fruits in November-January



## Varieties:

- Depending on the fruits haritaki is classified into 7 types by Bhavparkash Nighantu
- 1. Vijaya - sarva roga - found in Vindhya - oval in shape
- 2. Rohini - Vrana - found everywhere - round in shape
- 3. Putana - Pralepa - found in Sindh - small and less bulky
- 4. Amrta - Sodhan - found in Champaranya - bulky



## Cont.

- 5. Abhaya - Netra rogas - found in champadesha - it has 5 lines
- 6. Jivanti - Sarva roga - found in Saurashtra - yellow colour
- 7. Chetaki. - Sarva roga - found in Himalayas - it has 3 lines



# Cont.

- Kaiyaveda Nighantu described 3 varieties
- 1) Niranja
- 2) Vanaja
- (3) Parvatiya

# Part's used

- Fruit

# Chemical Constituents

- Fruits-anthraquinone,glycoside,chebulinic acid,tannic acid,terchebin,vit. C.
- Fruit kernel-arachidic,behenic,lindeic,oleic,palmitic
- Flowers-chebulin

# Rasa Panchaka:

- रस - Pancha rasa (except Lavana) Kashaya mainly
- गुण - Laghu, Ruksha
- रस - Ushna
- विपक - Madhura
- प्रभाव - Tridosahara

# Rasa Panchaka of fruit:

- Hareetaki seed kernel(मींगी) is Madhura
- Fiber part(रेशा) is Amla
- Fruit Pedicel(वृन्त) is Tikta
- Fruit Skin(छिल्ल) is Katu
- Seed(गुठली) is Kashya in nature
- Fruit pulp(majja) is heavy(गुरु) to digest, good for eyes ,balance vata pitta dosha



## Dosha Karma

- Tridosahara



# Karma

- Tridosahara, Anulomana, Rasayana, Prajasthapana, Cakshushya, Hrudya, Lekhana, Deepana, Medhya, Bruhamni, Aayushya/Vayasa sthapani

## Indication:

- Prameha, Kustha, Vrana, Chhardi, Vatarakta, Netra roga, Hrudroga, Asmari, Kasa, Svasa
- External uses: Local application of haritaki is anti-inflammatory. In conjunctivitis, it can be used for application on the eyelids. A decoction of haritaki is used for washing wounds and also used for gargling in diseases of the mouth and throat.

# Cont.

- Internal uses
- Nervous system : Useful in weakness of the nerves and brain as well as in vata disorders and diminished vision.
- Digestive system : Useful in loss of appetite, pain in the abdomen, constipation, gulma, haemorrhoids, splenomegaly and parasites. It relieves constipation in chronic abdominal diseases and also helps in digestion of ama. The bark of haritaki, if eaten after chewing it properly in the mouth, improves digestion. Powdered haritaki reduces constipation. A fine powder of haritaki is used as a tooth powder. It strengthens the gums.
- Circulatory system: Since haritaki is raktagami (exhibiting much action on rakta dhatu) it is used in weakness of the heart, vatarakta and other disorders of the blood.

# Cont.

- Respiratory system: Rhinitis (due to constipation), cough, hoarseness of voice, hiccups and dyspnoea are relieved by haritaki as it reduces congestion.
- Reproductive system : Useful in shukrameha, leucorrhoea and acts as a uterine tonic.
- Urinary system : Useful in dysuria, retention of urine, calculus (Haritakyasthi siddha dugdha) and kaphaj prameha.
- Skin: Useful in erysipelas and other skin disorders, haritaki prevents accumulation of pus in skin diseases and acts as a rasayana. Haritaki oil is extremely helpful in healing of wounds (especially in burns).

# Cont.

- Temperature: Useful in typhoid fever and also chronic fever.
- Restorative effect: Haritaki acts as a rejuvenator (by clearing the body of various malas).
- Rutu Haritaki - For producing its rasayan effects, it needs various supportive dravyas in different seasons.
- Varsha - Saindhav
- Sharad - Sugars
- Hemant - Sunthi
- Shishir - Pippali
- Vasant - Honey
- Greeshma - Gud

- Dosha: Haritaki is tridoshanashak by virtue of its prabhav, yet it is more effective on vata kapha.
- Dhatu: Rasa, majja (brain tonic), rakta, mansa. rasayani. meda, asthi. shukra (through prolonged use, it increases the reproductive power).
- Mala: Purisha (mild laxative), mutra calculus) dysuria



## Therapeutic uses

- (1) Ajirna - Haritaki is taken with Nimba (V.S.)
- (2) Prameha - Haritaki powder should be given with honey (A.S.Chi.14).
- (3)Amlapitta - Haritaki and Draksa are taken together (V.M.)
- (4) Upadansa - Application of paste of Haritaki and Rasanjana (R.M.)

# Posology

- Powder 3-6gm for sodhan, 1gm for Rasayan

## **Bishista yoga:(Major Formulations)**

- Abhayadi modak
- Abahayarisht
- Pathyadivati ,Pathyadi kvatha
- Chitraka Haritaki Avaleha
- Agastiharitaki leha
- Gandharvaharitaki churna,
- Triphala churna, Triphala ghrita
- Vaishvanara churna

# Side effects/Contraindication

- Due to its ruksha properties it should not be used in patients who is malnourished, severe debility, while fasting, mental depression, who have lost considerable of blood (through blood letting), and pregnant women and vitiated Pitta conditions

