



HARITAKI

INDEX

- Botanical Name, Family, English Name.
- Synonyms
- Morphology
- Habitat
- Chemical Constituents
- Varieties
- Rasa Panchaka
- Karma
- Amayika Prayoga (External & Internal)
- Part used
- Posology
- Major Formulations

Classical Categorization (Gana/ Mahakashaya)

- ❑ **Acharya Charaka: Jvaraghna, Prajasthapana, Kushthaghna, Kasahara, Arshoghna.**
- ❑ **Acharya Sushruta: Amalakyadi, Parushakadi, Triphala, Mushkadi, Mustadi.**
- ❑ **Acharya Vagbhatta: Parushakadi**
- ❑ **Bhavprakasha: Haritakyadi Varga**



Botanical name: *Terminalia chebula* Retz.

Family: Combretaceae

English Name: Chebulic Myrobalan

“हारयेत्सर्वरोगाञ्च तेन प्रोक्ताहरीतकी॥८॥”

(M.Ni.)

- Large tree (25-30 m height).
- **Bark** : Rust – colored, hard and bulky.
- **Habitat** : Mainly in North India, central provinces and Bengal, common in Madras, Mysore and in the southern part of the Bombay presidency. Its habitat includes dry slopes up to 900 m (3,000 ft) in elevation.

Leaves:

- **10-20 cm. long**
- **Subopposite, distant.**
- **Ovate or oblong- ovate in shape.**
- **Deciduous in cold season.**
- **Inferior aspect of the leaves show two small nodules near its attachment with the stalk.**



Flower

- **Dull, white or yellowish color.**
- **Strong offensive smell in spikes.**
- **April- May**



Fruits

- **Obovoid or ellipsoidal from a broad base, glabrous, more or less 5- ribbed when dry.**
- **November-January**



Seeds

- **Each fruit contains one seed, oval and hard.**
- **On breaking the shell of the seed an oval shaped pulp is obtained.**



हरीतकी पर्याय

हरीतक्यभया पथ्या कायस्था पूतनाऽमृता ।
हैमवत्यव्यथा चापि चेतकी श्रेयसी शिवा ।
वयस्था विजया चापि जीवन्ती रोहिणीति च ॥६॥

Haritaki	Abhaya	Vijaya
Pathya	Avyatha	Jeevanti
Kayastha	Chetaki	Rohini
Putana	Shreyasi	Panchabhadrika
Amrita	Shiva	
Hemvati	Vaystha	

Chemical Constituents

- **Chebulin, chebulagic, and corilagin**
- **Antioxidants** like pyrogallol, ferulic, vanillic, phloroglucinol, and caeffic acid.
- **Anthraquinone glycoside, chebulinic acid, tannic acid (20%–40%).**
- **Polyphenolic compounds.**
- **Gallic Acid.**

Varieties

विजया रोहिणी चैव पूतना चामृताऽभया ।
जीवन्ती चेतकी चेति पथ्यायाः सप्तजातयः ॥
७ ॥

(BP)

Sr. No.	Variety
1.	Vijaya
2.	Rohini
3.	Putana
4.	Amrita
5.	Abhaya
6.	Jeevanti
7.	Chetaki

Cont....

➤ **According to Kaidev Nighantu:**

- **Niraja**
- **Vanaja**
- **Parvatiya**

Habitat of Haritaki

“विन्ध्याद्रौ विजया हिमाचलभवा स्याच्चेतकी पूतना
सिन्धौ स्यादथ रोहिणी निगदिता जाता प्रतिस्थानके ।
चम्पायाममृताभया च जनिता देशे सुराष्ट्राह्वये ।
जीवन्तीति हरीतकी निगदिता सप्त प्रभेदा बुधैः”(१) ॥
७ ॥

Sr. No.	Variety	Habitat
1.	Vijaya	Vindhya
2.	Rohini	Prati Sthana (Everywhere)
3.	Putana	Sindhu
4.	Amrita	Champa (Bhagalpur)
5.	Abhaya	Champa (Bhagalpur)
6.	Jeevanti	Saurashtra
7.	Chetaki	Himachal

“अलाबुवृत्ता विजया वृत्ता सा रोहिणी स्मृता ।
 पूतनास्थिमती सूक्ष्मा कथिता मांसलाऽमृता ॥८॥
 पञ्चरेखाऽभया प्रोक्ता जीवन्ती स्वर्णवर्णिनी ।
 त्रिरेखा चेतकी ज्ञेया सप्तानामियमाकृतिः ॥९॥”

Sr. No.	Variety	Habitat	Textual Characters	Presumed characters
1.	Vijaya	Vindhya	Alabuvritta	Elongated shape without ridges and <8 gm
2.	Rohini	Prati Sthana (Everwhere)	Vritta	Circular, without ridges yellow color.
3.	Putana	Sindhu	Asthimati and Sukshma	Very small size with <4 gm weight with stony mesocarp and large seed.
4.	Amrita	Champa (Bhagalpur)	Mamnsal	Mesocarp is more and fleshy with small seed <7 gm
5.	Abhaya	Champa (Bhagalpur)	Pancha Rekha	Fruit having 5 ridges and weighs 7-9 gm
6.	Jeevanti	Saurashtra	Swarna Varna	Fruit is golden yellow
7.	Chetaki	Himachal	Tri rekha	Fruit having three ridges and weighs 5-7 gm

विजया सर्वरोगेषु रोहिणी व्रणरोहिणी ।
प्रलेपे पूतना योज्या शोधनार्थेऽमृता हिता ॥१०॥
अक्षिरोगेऽभया शस्ता जीवन्ती सर्वरोगहृत् ।
चूर्णार्थे चेतकी शस्ता यथायुक्तं प्रयोजयेत् ॥११॥

Sr. No.	Variety	Habitat	Textual Characters	Uses
1.	Vijaya	Vindhya	Alabuvritta	Sarva Roga (Used in all diseases)
2.	Rohini	Prati Sthana (Everywhere)	Vritta	Vrana Ropana (Used in Ulcers)
3.	Putana	Sindhu	Asthimati and Sukshma	Pralepa (for external prupose)
4.	Amrita	Champa (Bhagalpur)	Mamnsal	Shodhana (Used for purification)
5.	Abhaya	Champa (Bhagalpur)	Pancha Rekha	Akshi Roga (Used for eye diseases)
6.	Jeevanti	Saurashtra	Swarna Varna	Sarva Roga (Used in all diseases)
7.	Chetaki	Himachal	Tri rekha	Churna (Used as purgative)

चेतकी द्विविधा प्रोक्ता श्वेता कृष्णा च वर्णतः ।
षडङ्गुलायता शुक्ला कृष्णा त्वेकाङ्गुला स्मृता ॥१२॥

Chetaki: 2 types

- 1. Shweta Varna: 6 angula**
- 2. Krishna Varna: 1 angula**

1 angula= 1.67 cm

Rasa Panchaka

हरीतकी पञ्चरसाऽलवणा तुवरा परम् ।
रूक्षोष्णा दीपनी मेध्या स्वादुपाका रसायनी ।
चक्षुष्या लघुरायुष्या बृंहणी चानुलोमिनी ॥१८॥

- **Rasa:** 5 Rasa except Lavana
Kashaya Rasa Pradhana
- **Virya:** Ushna
- **Vipaka:** Madhura
- **Guna:** Ruksha, Ushna, Laghu
- **Prabhava:** Tridosahara

Dosha Shamakta of Haritaki

स्वादुतिक्तकषायत्वात्पित्तहृत्कफहृत्तु सा ।
कटुतिक्तकषायत्वादम्लत्वाद्वातहृच्छिवा ॥२१॥

Sr. No.	Rasa	Dosha Shamakta
1.	Amla Rasa	Vata Shamaka
2.	Madhura- Tikta- Kashaya Rasa	Pitta Shamaka
3.	Katu- Tikta- Kashaya Rasa	Kapha Shamaka

Part of Haritaki and it's dominant Rasa

पथ्याया मज्जनि स्वादुः स्नाय्वामम्लो व्यवस्थितः ।
वृन्ते तिक्तस्त्वचि कटुरस्थिस्थस्तुवरो रसः ॥२४॥



Sr. No.	Part	Rasa
1.	Haritaki Majja	Madhura rasa
2.	Haritaki Snayu	Amla Rasa
3.	Vrinta	Tikta Rasa
4.	Twacha	Katu Rasa
5.	Asthi	Kashaya Rasa

ऋत्वनुसार प्रयोगविधि

सिंधूत्थशर्कराशुण्ठीकणामधुगुडैः क्रमात् ।

वर्षादिष्वभया प्राश्या रसायनगुणैषिणा ॥ ३१ ॥

Sr. No.	Ritu	Anupana
1.	Shishir	Pipalli
2.	Vasant	Madhu
3.	Grishma	Guda
4.	Varsha	Saindhava
5.	Sharad	Sharkara
6.	Hemant	Shunthi

श्रेष्ठ हरीतकी लक्षण

नवा स्निग्धा घना वृत्ता गुर्वी क्षिप्ता च याऽम्भसि ।
निमज्जेत्सा प्रशस्ता च कथिताऽतिगुणप्रदा ॥२५॥
नवादिगुणयुक्तत्वं तथैवात्र द्विकर्षता ।
हरीतक्याः फले यत्र द्वयं तच्छ्रेष्ठमुच्यते ॥२६॥

- Haritaki fruit which gets ripened in the tree and then fall down.
- New, unctuous, thick, circular, heavy.
- Which sinks when dropped into the water.
- Which weighs about 2 Karsha (? gm) is considered as possessing the best quality.
(The Haritaki which weighs equal to 2 Bibhitaki is of best quality)

हरीतकी प्रयोग विधि

चर्विता वर्धयत्यग्निं पेषिता मलशोधिनी ।

स्विन्ना संग्राहिणी पथ्या भृष्टा प्रोक्ता त्रिदोषनुत् ॥२७॥

उन्मीलिनी बुद्धिबलेन्द्रियाणां निर्मूलिनी पित्तकफानिलानाम् ।

विस्रंसिनी मूत्रशकृन्मलानां हरीतकी स्यात् सह भोजनेन ॥२८॥

अन्नपानकृतान्दोषान्वातपित्तकफोद्धवान् ।

हरीतकी हरत्याशु भुक्तस्योपरि योजिता ॥२९॥

Charvita (by chewing)	Agni Vardhana (Increases appetite)
Peshita (made in powdered form)	Mala Shodhini (Laxative)
Swinna (steamed)	Sangrahi (Absorbent)
Bhrishta (roasted)	Tridosahara
Sah Bhojana	Increases Bala, Buddhi, Indriya. Pitta- Kapha- Vayu Shamaka Mutra- Vishtha- Mala Sransan
After meal	Vata- Pitta- Kaphaja Roga Nashaka

Anupana & Doshaghhnata

लवणेन कफं हन्ति पित्तं हन्ति सशर्करा ।
घृतेन वातजान् रोगान्सर्वरोगान्गुडान्विता ॥३०॥

Sr. No.	Anupana	Roga Shamakta
1.	With Lavana	Kapha Roga Nashaka
2.	With Sharkara	Pitta Roga Nashaka
3.	With Ghrita	Vata Roga Nashaka
4.	With Guda	Sarvarogahara

हरीतकी सेवनाऽनार्ह

अध्वातिखिन्नो बलवर्जितश्च रूक्षः कृशो लङ्घनकर्षितश्च ।

पित्ताधिको गर्भवती च नारी विमुक्तरक्तस्त्वभयां न खादेत् ॥३२॥

- **People who have walked for very long and who are tired.**
- **Who have depleted immunity and strength.**
- **Who are feeling dry and are emaciated.**
- **Having lean body.**
- **Who have fasted for long.**
- **In people with vitiated Pitta.**
- **In pregnant woman.**
- **After bloodletting treatment.**

Karma

रूक्षोष्णा दीपनी मेध्या स्वादुपाका रसायनी ।
चक्षुष्या लघुरायुष्या बृंहणी चानुलोमिनी ॥१८॥

**Deepana, Medhya, Rasayana, Chakshushya, Ayushya,
Brihana, Anulomana.**

श्वासकासप्रमेहार्शःकुष्ठशोथोदरक्रिमीन् ।
वैस्वर्यग्रहणीरोगविबन्धविषमज्वरान् ॥१९॥
गुल्माध्मानतृषाछर्दिहिक्काकण्डूहृदामयान् ।
कामलां शूलमानाहं प्लीहानञ्च यकृत्तथा ।
अश्मरीमूत्रकृच्छ्रं च मूत्राघातं च नाशयेत् ।

**Shwasa, Kasa, Prameha, Arsha, Kushtha, Shotha, Udara
roga, Krimi roga, swarya, Grahani, Vibandha, Visham
Jwara, Gulma, Adhmana, Trishna, Chardi, Hikka,
Kandu, Hridaya roga, Kamla, Shoola, Anaha, Pliha
Roga, Yakrita Roga, Ashmari, Mutrakriccha,
Mutraghata.**

Systemic effect:

- **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 abdomen, constipation, Gulma, Arsha, pliha-Yakrita Roga.
Relives constipation in chronic abdominal diseases and also helps in digestion of Ama.
- **Respiratory system:** Rhinitis (if due to constipation), cough, swaraghna, hikka and shwas krichta.
- **Reproductive system:** Shweta Pradar and strengthen the Garbhashaya.
- **Urinary system:** Mutrakrichtta, Mutraghata, Ashmari.
- **Twacha:** Visarpa and other skin disorders (prevents accumulation of pus in skin diseases).
- **Restorative effect:** Haritaki acts as rejuvenator.

Clinical Uses (Amayika Prayoga)

❏ External Uses:

- **Vrana Ropaka, Mukha Vrana, Arsha.**
- **Pakshmakopa: Haritaki and Ghrita processed with Tugaraka is applied.**
- **In Abhishyanda: Vidalaka of Haritaki Churna.**
- **Decoction of Haritaki: Vrana Prakshalana.**
- **Danta Majana: Bleeding gums.**
- **Gandusha: In the diseases of Mouth and Throat like dental caries, stomatitis.**
- **Atisvedana: Haritaki lepa applied on body after bath reduces the excess svedana in Sthaulya patients. (Bhavprakash)**

Cont....

- ☐ **Bala Haritaki- Mridu Virechaka, Jeerna Vibandha (Chronic Constipation), Arsha.**
- ☐ **Ajeerna: Haritaki plus Nimba Churna. (V.S.)**
- ☐ **Prameha- Haritaki Churna with Honey. (A.S. Chi. 14)**
- ☐ **Amlapitta- Haritaki with Draksha. (V.M.)**
- ☐ **Pravahika: 5 gm of Haritaki stem bark churna with 50 ml of ferula seed soaked water. (BD for 2 days)**
- ☐ **Sore throat: Fruit roasted a little on burning charcoal is chewed.**
- ☐ **Haritaki fruit consumed for a few months is used as a remedy for obesity and improves body strength.**

Cont....

- ☐ **Mada, Murcha: Ghrita processed with Haritaki Kwatha. (Su.U. 45/19)**
- ☐ **Vata Vyadhi: Regular use of Haritaki, Shilajatu and Gugglu is advised. (A.H. chi 21/49)**
- ☐ **Hikka- Haritaki with warm water. (Su. U. 50/24)**
- ☐ **Rasayana- Ritu Haritaki.**
- ☐ **Kasa- Agastyaharitaki Avleha**
- ☐ **Udar Roga- 1000 Haritaki Phala with milk diet (Ch. chi. 13/152)**

Part used: Phala (Fruit)

Posology: Therapeutic use: 3-6 gm

Rasayana: 1 gm

❑ Major Formulations:

- **Abhayadi Modaka**
- **Abhayarishta**
- **Pathyadi Vati**
- **Pathyadi Kwatha**
- **Chitraka Haritaki Avaleha**
- **Agastyaharitaki Avleha**
- **Triphala Churna**
- **Triphala Ghrita**
- **Vaisvanara Churna**
- **Danti Haritaki**

Q & A Session

- 1. In which Varga Bhavmishra has mentioned Haritaki drug?**
- 2. Chemical Constituents of Haritaki**
- 3. English name of Haritaki.**
- 4. What is anupana of haritaki in Sharad Ritu**
- 5. In the patient with Agni Mandhya, by which way Haritaki would be administered?**

Thank You

