

Arjuna



Botanical Name-Terminalia arjuna (Roxb)

Family- COMBRETACEAE

Vernacular names-

English Name- Arjun Tree, Arjunolic

Myrobalan

Hindi & Bengali Name-Arjun

Manipuri name - Maiyokpha

Telugu Name - Tella Maddi

Marathi- Sadaru,

Gujarati Name - Sadado

Tamil Name -Poomarudhu, Neermarudhu /Belma/Marudam patti / Marutu

Malayalam name Adamboe, Chola

venmaruthu, Poomaruthu, Manimaruthu, Neermaruthu

Kannada Name - Neer matti, Holemaththi,
Holedaasaala

synonyms-

Dhavala,Indradru,Nadisarja Phalguna,Kakubha,Partha, Veeravruksha,
Sarpana,Madhugandiprasoonaka.

Classical categorization -

Charaka: Udardapraamana, Kasaya skandha

Susrutha: Nyagrodhādi, Salasarādi

Vagbhata: Viratarvādi, Nyagrodhadi gana, Asanadi gana

Varieties -

1. T. arjuna

2. T. alata

3. T. tomentosa

Morphology -

A large tree, 20-25 m high, trunk often buttressed, smooth grey bark.

Leaves- simple, subopposite, hard, coriaceous, oblong or elliptic, 10-20 cm long.

Flowers- yellowish-white, borne in shortly panicked-spikes.

Fruits-2.5-5 cm long, obovoid-oblong, with 5-7 equal, hard, coriaceous, thick narrow wings.

Properties

Rasa (taste) - Kashaya

Guna (qualities) - Rooksha Laghu

Vipaka- Katu

Veerya Sheeta

Prabhava - Hridya

Effect on Tridosha - Balances Kapha Pitta Dosha.

Karma - Hridya, vranahara, Bhagna sandhanakara, Raktapittahara
Cardiotonic, Antidysenteric, Anti
Hypertensive, Diuretic

Part used - bark

Dosage- Powder 3-6 g; water decoction 50-100 ml, Kshira paka - 20-30 ml

Important Formulations:

Kakubhadi churna, parthadyarishta (Arjunarishta), Arjunaghrita, Pushyanug churna,
Ashwagandharishta, Arvindasava, Devadarvyarishta.