

Haritaki



Botanical Name : Terminalia chebula Retz.

Family : Combretaceae.

Vernacular names -

English : Chebulic Myrobalan, Black Myrobalan

Hindi : Harad, hara

Kannada : Harra, alaekayi

Malayalam : katukka

Sanskrit : Haritaki, pathya, abhaya

Tamil : katukkay

Telugu : Karakkaya, karitaki

Unani : Harad, Halelaa siyaah, Halelaa zard, Halelaa Kaabuli

Synonyms :

Kaayasthaa, Pathyaa, Shreyasi, Shivaa, Jivanti, Puutanaa, Vijayaa, Abhayaa, Rohini, Chetaki, Amritaa, , Jayā, Haimavati

Classical categorization -

Charaka-

Jvaraghna, Arsoghna, Kāsaghna, Kusthaghna, Prajāsthāpana

Susrutha-

Amalakyadi, Parusakadi, Triphala

Vagbhata-

Parusakadi, triphala

Varieties -

1. Vijaya – sarva roga (all diseases)

2. Rohini – Vrana (wound healing)
3. Putana – Pralepa (external application)
4. Amrta – purification procedures
5. Abhaya – Netra rogas (eye diseases)
6. Jivanti – Sarva roga (all diseases)
7. Chetaki – Sarva roga (all diseases)

Morphology :

It is a large tree, with rust-coloured or silvery hairs over the younger branchlets etc.

Leaves- simple, mostly sub opposite, distant, ovate or oblong-ovate, 10-20 cm. long, deciduous in the cold season.

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

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

(Flowers in April-May and fruits in November-January)

Distribution & Habitat :

Abundant in Northern India, also occurs in Bihar, West Bengal, Assam, Central India and South India.

Indications -

Prameha Kustha Vrana Chhardi Vatarakta Mutra Kricchra, Netra roga, Krimi, Hrdroga, Asmari, Klaibya, Kāsasvāsa etc

flatulence, constipation, fever, cephalgia, diarrhoea, dysentery, cyst, digestive disorders, cardiac disorder, vomiting, leprosy , enlarged liver and spleen, cough and bronchial asthma

Chemical constituents :

Shikimic, gallic, triacontanoic , palmitic acids, beta-sitosterol, daucosterol, chebulic acid , gallic acid, ellagitannin, terchebulin, punicalagin , teaflavin

Properties :

Rasa –Pancha rasa (except Lavana), Kasaya mainly

Guna -Laghu, Rūkṣa

Virya- Usna

Vipaka -Madhura

Karma : Tridosahara, Anulōmana, Rasayana, Prajāsthapāna, Caksusya, Hr̥dya, Lekhana
Purgative, thermogenic, anti inflammatory, digestive, carminative, diuretic, anodyne.

The fruit of haritaki contains five rasas

- 1) Madhur (sweet) – the fruit pulp.
- 2) Amla (sour) – the bulky portion of the fruit.
- 3) Tikta(bitter) – seed.
- 4) Katu – the coveting of the fruit.
- 5) Kashaya (astringent) – the hard portion of the seed.

Part used : Fruit

Dosage :

Powder 2-4 g

Decoction 50-100 ml

Important Formations :

Abhayadi modak, Abahayarishta, Pathyadivatl, Pathyadikwatha, Gandharvaharitaki churna, Abhayarista, Kansa Haritaki, Triphalā churna, Triphala ghrita, Chitraka Haritaki, Vaisvanara cūrna, Harikakileha, Agastya Haritaki.

Therapeutic Uses :

Ajirna, Prameha, Amlapitta, Upadamsa