

Haritaki

Ayurvedic scholar Acharya Bhavprakash described the Haritaki as first drug in Bhavprakash Nighantu. It is called the "King of Medicines" in the Tibet and is always listed first in the Ayurvedic Materia medica because of its extraordinary powers of healing with a wide spectrum of biological activity.

The drug is equated with nectar drops fallen from heaven while it was consumed by Indra. Bhavprakash narrates this story in reverence as a dialogue between Ashvini kumara and Daksha.

- Botanical Name -Terminalia chebula
- Family Name- Combretaceae.
- Common Name – Myrobalans, Chebulic myrobalan.
- Part Used –fruits.
- Habitat-India, Pakistan, Sri Lanka, Uzbekistan, Bangladesh, South East Asia, China, and Malaysia.

SYNONYMS

हैमवती –Haimavati

- Which grows in Himalaya.

शिवा –Shiva

- Which is do our wellbeing.

पथ्या –Pathya

- Which is suitable for all

अभया –Abhaya

- If you take this then no worries at all.

PROPERTIES AND ACTION

Rasa-Kashya, amla, madhur, tikat, katu

Guna- Laghu, Ruksha

Virya -Ushan

Vipaka Madhura

KARMA -Shothahara (anti- inflammatory),

balya (strengthening),

deepana (appetizer),

pachana (digestant),
vatanulomana (carminative),
vruna ropana (wound healing),
mootrala (act as diuretic),
rasayana (rejuvenator),
vajikara (aphrodisiac).

Dosha effect - Tridoshahara,

Rasa predominance in different parts of Haritaki:

Phalamajja (seed kernel): - madhura,

Fibers-amlā,

Vrunta (fruit rind) – Tikta,

Twacha(skin)- katu,

Asthi(seed)-Kashaya.

Charak Samhita

- **Prajasthapana**-which help to establish embryo.
- **Jwarghna** - Herb helpful in fever
- **Kusthaghan**- Herb is helpful in skin disorders
- **Kasaghna**- Herb helpful in cough, cold
- **Arshoghna**-which is helpful for the treatment of haemorrhoids
- **Vayasthapana**- which maintain the youth phase and hold up the process of ageing.
- **Hikkanigraha**- which prevents the hiccup

SushrutSamhita

- Triphala
- Amalkyadi
- Parushkadi

Varities

However, in practice three variety of Haritaki are found

1. **Bala Haritaki**-which is very small in size
2. **Rangari Haritaki**-which is useful for colour, it is not used for medicine.
3. **Survari Haritaki**-it has round shape and in the size big.

Best Haritaki

A fruit of Haritaki which sinks in water, which is fresh, Which is smooth, Which is bulky, Which is round in shape, weights at least 26 grams is considered ideal for medicinal use .

Which also grows in mountain it is also best.

Therapeutic use

हरीतकी पञ्चरसाऽलवणा तुवरा परम् ।

Haritaki has 5 taste expect salty, but the astringent taste is the more.

रुक्षोष्णा दीपनी मेध्या स्वादुपाका रसायनी ।

dry, hot, appetizer, brain tonic, Madhur Vipaka, rejuvenator

चक्षुष्या लघुरायुष्या बृंहणी चानुलोमिनी ।

eye tonic, light, lifesaving, nourishment, carminative.

श्वासकासप्रमेहार्शःकुष्ठशोथोदरक्रिमीन् ।

asthma, cough, diabetes, piles, skin disease, oedema, abdominal disorder, worms.

वैस्वर्यग्रहणीरोगविबन्धविषमज्वरान् ।

Hoarseness of voice, ibs, constipation, fever.

गुल्माध्मानतृषाछर्दिहिककाकण्डूहृदामयान् ।

Gulam, falutance, thirst, vomiting, hiccup, itching, heart disease,

कामलां शूलमानाहं प्लीहानञ्च यकृतथा ।

Jaundice, pain, anah (bloated), spleen and liver disorder

अश्मरीमूत्रकृच्छ्रं च मूत्राघातं च नाशयेत् ।

Urinary stone, kidney disorder cure all these diseases.

- 2-3 g of Haritaki powder mixed with equal amount of jiggery before consuming food is very good for Persons suffering with Arshas (Hemorrhoids)
- Chronic colitis Haritaki powder with hot water is advised.
- Licking Haritaki powder mixed with honey is good to prevent or control motion sickness and vomitings.
- Prescribing Haritaki powder with Jaggery is good to manage Vatarakta (Descriptive arthropathies).
- Haritaki Seed powder mixed with hot milk is good for treating Urinary Calculi.
- Haritaki acts as General Tonic promoting strength and vigor when used with Ghee. The best method to achieve this is to first fry Haritaki Fruits in Ghee followed by powdering of the same. The leftover ghee

after frying has to be kept aside (not to be discarded). The Haritaki powder prepared after frying in ghee is to be mixed with the left over ghee and to be taken twice a day.

- Haritaki decoction mixed with boiled milk is very useful to manage madatyaya (Hangover).
- Haritaki powder mixed with equal quantity of Ghee is prescribed for managing Colicky abdominal pain due to Pittaja shula (Acid peptic disorders). The same results can be achieved with combination of Draksha (Dry Grapes) and Haritaki powder.
- Use of Erandataila (castor oil) with Haritaki powder is recommended for all types of rheumatological conditions.
- Applying the paste of Fine Haritaki powder mixed with fresh turmeric rhizome juice manages Chippa (Nail bed infection, Whitlow).
- Inflammation disorders due to Kapha dosha aggravation, cow urine is administered along with Haritaki.

How To consume Haritaki?

- **Consumed by chewing** – improves digestion strength.
- **Made into a Paste with Water & Consumed** - Mala Shodhani (Laxative)
- **Consumed After boiling/Steaming** - Absorbent (Grahi)
- **Fried (with oils & fats)** - Tridosahara Balances all 3 Doshas
- **Along with food** -expels out Doshas.
- **Taken After Food** - Useful in Food Toxicity it helps to eliminate all toxic effects due to food poisoning.
- **With Lavana (rock salt)** - balances Kapha Dosha
- **With Sharkara (Sugar Candy)** – balances Pitta Dosha
- **With Ghrita** - balances Vata Dosha
- **With jaggery**- cure all the disease.

Ritu Haritaki

Haritaki with different Anupana (vehicle) yields rejuvenative effect in different ritu (seasons).

In Varsha ritu -Haritaki + saindava Lavana,

In Sharada ritu - Haritaki +sharkara

In Hemanta ritu - Haritaki + shunti,

In Shishir ritu -Haritaki + pippali

In Vasanta ritu - Haritaki + madhu,

In Grishma ritu -Haritaki + guda.

Reserch on Haritaki

Antidiabetic activity

Ethanollic extracts of Terminalia chebula fruits exhibited Antidiabetic activity in Alloxan induced diabetic rats.

Antiplasmodial

Antiplasmodial activity of extract of Terminalia chebula against Plasmodium falciparum was studied and its very effective.

Wound healing activity

The wound healing activity of ethanolic extracts of fruits of Terminalia chebula in the form of an ointment with two concentrations showed significant response in excision and incision made in albino rats compared to controls.

Antiulcerogenic activity

The Terminalia chebula extract increased mucus production in aspirin and ethanol- induced ulcer models and showed antisecretory activity in pylorus ligated model leading to a reduction in the gastric juice volume, free acidity and significantly increased gastric pH

Cardioprotective activity

Terminalia chebula demonstrated cardioprotective activity in isolated frog heart mode.

Hypolipidemic and hypocholesterolemic activity

Hypolipidemic activity of T. chebula extract against experimentally induced atherosclerosis have been recorded.

Combination of aqueous extract of Terminalia chebula and Gomutra possessed hypocholesterolemic activity against cholesterol-induced hypercholesterolemia and atherosclerosis in rabbits

IMPORTANT FORMULATIONS

Abhayarishta

Chitraka Haritaki

Dashamula Haritaki

Brahma Rasayana

Triphala Churn

Brahma Rasayana

Abhaya Lavana

CONTRAINDICATIONS

The fruit is not recommended for regular use for people who are suffering with fatigue, tired, weight loss, dry parched skin, not having physical strength (weak). Haritaki is contraindicated during Pitta prakopa state, Garbhini (pregnancy), during acute fever, person who has undergone Raktamokshana (bloodletting).