



**Hon. Nishikant Bhosale-Patil
(Dada)**

Founder, Prakash Shikshan
Mandal, Islampur



Prakash Shikshan Mandal's

LOKNETE RAJARAMBAPU PATIL

AYURVEDIC MEDICAL COLLEGE, HOSPITAL,

P.G.INSTITUTE AND RESEARCH CENTER, ISLAMPUR

DIST-SANGLI (MAHARASHTRA) INDIA

DEPARTMENT OF DRAVYAGUNA



HARITAKI

Marathi:

Botanical name:

Synonyms:

Family:

Common name:

Description-

Hirada
Terminalia chebula
Terminalia zeylanica Van Heurck & Müll. Arg., Terminalia reticulata
Roth, Terminalia acuta Walp.
Combretaceae
Chebulic Myrobalan, Myrobalan
Chebulic Myrobalan is a flowering deciduous tree called in English the Myrobalan or sometimes the Chebulic Myrobalan. It is native to the Indian subcontinent and the adjacent areas such as Pakistan, Nepal and the south-west of China stretching as far south as Kerala or even Sri Lanka where it is called Aralu. This tree yields smallish, ribbed and nut-like fruits which are picked up when still green and then pickled, boiled with a little added sugar in their own syrup or used in preserves or concoctions. The seed of the fruit, which has an elliptical shape, is an abrasive pit enveloped by a fleshy and firm pulp. Chebulic Myrobalan can reach heights of 20 meters.

Attributes -

Rasa – Five rasa except lavana, Veerya- Ushna, Vipak – Madhur, Guna
– Laghu, Ruksha

Medicinal uses:

Chebulic Myrobalan is highly regarded as the 'king of medicines' in the Ayurvedic Medicine. It is reputed to cure blindness and it is believed to inhibit the growth of the malignant tumours. It is allegedly also a powerful detox agent.