

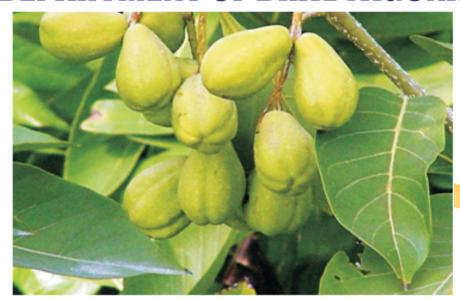
Hon. Nishikant Bhosale-Patil (Dada) Founder, Prakash Shikshan Mandal, Islampur

Prakash Shikshan Mandal's

## Prakash LRP Ayurvedic

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## DEPARTMENT OF DRAVYAGUNA



## **HARITAKI**

Marathi: Hirada

Botanical name: Terminalia chebula

Synonyms: Terminalia zeylanica Van Heurck&Müll. Arg., Terminalia reticulata

Roth, Terminalia acuta Walp.

Family: Combretaceae

Common name: Chebulic Myrobalan, Myrobalan

DescriptionChebulic Myrobalan is a flowering deciduous tree called in English the Myrobalan or sometimes the ChebulicMyrobalan. 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 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 concotions. The seed of the fruit, which has an eliptical shape, is an abrasive pit enveloped by a fleshy and firm pulp.

ChebulicMyrobalan can reach heights of 20 meters.

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

-Laghu,Ruksha

Medicinal uses: ChebulicMyrobalan is highly regarded as the 'king of medicines' in the Ayur-

Vedic 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.