{{SanskritName}}

{{PLANT-IMAGE}}

{{BotanicalName}}

{{FamilyName}}

|  |  |
| --- | --- |
| Tamil | {{tamilname}} |
| Malayalam | {{malayalamname}} |
| Hindi | {{hindiname}} |
| English | {{englishname}} |

Description

{{description}}

Useful Parts

{{usefulpart}}

Benefits

1. {{benefit}}

Pharmacological Action

* {{action}}

Rasapancakam

|  |  |
| --- | --- |
| Rasa | {{rasa}} |
| Guna | {{guna}} |
| Virya | {{virya}} |
| Vipaka | {{vipaka}} |
| Karma | {{karma}} |

**Arjuna**



Terminalia arjuna

Combretaceae

|  |  |
| --- | --- |
| Tamil | Poomarudhu, Neelamarudhu |
| Malayalam | Adamboe, Poomaruthu, Manimaruthu, Chola, Venmaruthu |
| Hindi | Arjun |
| English | Arjun tree |

Descreption

Arjuna is a large deciduous evergreen tree with strong, deep roots. It typically grows to a height of 70–85 feet. The tree bears conical leaves that are dull green on the upper surface and pale brown underneath, along with small yellow flowers. Its bark is smooth and grey in color. The fruit is glabrous, fibrous, and woody, measuring about 2–3 cm in length, with five hard wings marked by curved veins. Flowering occurs from **March to June**, and fruiting from **September to November**.

Arjuna is renowned for its special action on the heart, making it highly effective in managing stress-induced cardiac conditions. Additionally, it exerts a supportive effect on insulin secretion, proving beneficial for individuals with diabetes.

Useful Parts

Bark

Benefits

1. **Detoxification & Blood Health** – Arjuna’s astringent properties purify the blood, regulate aggravated *pitta*, and control bleeding disorders.
2. **Urinary Health** – Its cleansing action helps relieve urinary tract infections (UTI).
3. **Female Reproductive Support** – Strengthens the uterus, regulates hormonal balance, and is beneficial in conditions like fibroids, cysts, endometriosis, and excessive bleeding (*menorrhagia*).
4. **Wound Healing** – By balancing *kapha* and *pitta*, it supports healing of wounds and ulcerations.
5. **Cholesterol Regulation** – Widely known for lowering cholesterol, it helps prevent atherosclerosis by reducing arterial plaque buildup.
6. **Respiratory Support** – Keeps the airways clear and aids in managing serious lung disorders.
7. **Cardiac Tonic** – Improves heart function, boosts stamina, and reduces fatigue, enabling better physical endurance.
8. **Bleeding Disorders** – Useful in internal and external bleeding conditions such as bleeding gums, menorrhagia, and open wounds.
9. **Antioxidant Rich** – Contains tannins and natural Coenzyme Q10, which strengthen heart muscles and provide protection against angina.
10. **Bone Healing** – Decoction of Arjuna bark with milk acts as a potent tonic, promoting faster bone healing after fractures.
11. **Dosha Balance** – Effectively pacifies *pitta* and *kapha* doshas, maintaining systemic equilibrium.

Pharmacological Action

* Cardiotonic
* Antidysentic
* Antihypertensive
* Diuretic

Rasapancakam

|  |  |
| --- | --- |
| Rasa | Kashaya |
| Guna | Laghu, Ruksha |
| Virya | Sheet |
| Vipaka | Katu |
| Karma | It balances Pitta and Kapha doshas |