{Arjuna}

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{Terminalia arjuna }

{Combretaceae }

|  |  |
| --- | --- |
| Tamil | {மருது } |
| Malayalam | {Marutu} |
| Hindi | {Arjan} |
| English | {White Murdah } |

Description

{A tall, evergreen tree with smooth, grey bark that flakes off in large sheets. Leaves are green, oblong, with pale undersides. Flowers are small, white-yellowish, and fruits are woody, 5-winged.}

Useful Parts

{Twak}

Benefits

1. {Strengthens the heart muscles and improves cardiac function.  
     
   Helps in angina, hypertension, and high cholesterol.  
     
   Acts as a natural antioxidant and improves blood circulation.  
     
   Promotes wound healing and bone fracture recovery.  
     
   Reduces inflammation and supports liver health.  
     
   Useful in urinary disorders and as a mild diuretic.}

Pharmacological Action

* {Cardiotonic, Antidysentric, diuretic, Antihypertensive }

Rasapancakam

|  |  |
| --- | --- |
| Rasa | {Kashaya } |
| Guna | {Laghu,ruksha} |
| Virya | {Shitha} |
| Vipaka | {Katu} |
| Karma | {Kapha pitta shamaka} |