



BOTANICAL NAME-

Terminalia arjuna

ENGLISH NAME- Arjun

HINDI NAME- Arjun

FAMILY- Combretaceae

DESCRIPTION :

- ❖ Large tree, deciduous.
- ❖ Bark smooth, pale greenish grey, flaking thinly.
- ❖ Leaves opposite; tip rounded or slightly pointy, faintly heart shaped at base.
- ❖ Flowers tiny, creamy yellow, crowded in long spikes; no petal; flower sepals and long stamens prominent.
- ❖ Fruits ovoid, woody up to 6 cm long, with 5 thin flat 'wings' running along its length.

USES :

- ❖ Arjuna has astringent properties that cleanse the blood. Its homeostatic characteristics alleviate bleeding situations and reduce pitta aggravation.
- ❖ Arjuna effectively balances the Kapha and pitta doshas within the body. This aids in the healing of wounds and ulcers.
- ❖ Antioxidant, anti-inflammatory, and antibacterial are some of its therapeutic characteristics.
- ❖ Arjuna reduces the risk of cardiovascular disease. It strengthens and tones the heart muscles and promotes appropriate heart function.