



Shree Swaminarayan Ayurvedic College,

Opp. SAIJ GIDC, Swaminarayan Vishwamangal Gurukul, Kalol

ARJUNA



Latin name: *Terminalia arjuna*

Family: Combretaceae

Regional names: અર્જુન (Gujarati), अर्जुन (Hindi)

Morphology: Large tree with buttressed trunk, horizontally spreading branches. Leaves: Elliptic oblong. Flowers: Axillary spike or terminal panicles. Fruit: Drupe.

Synonyms: Nadisarja, Kukubha, Sarpana, Dhavala, Hrudrogavairi, Swasaneshwara.

Rasa Panchaka:

Rasa: Kashaya

Guna: Laghu, Ruksha

Virya: Sheeta

Vipaka: Katu

Karma: Hrudya (Prabhava), Kapha-Pittahara, Bhagnasandhanaka.

Useful parts: Tvak

Indications: Hrudroga, Raktapitta, Kshaya, Raktatisara, Swasa.

Dosage: 3-6g of powder (Tvak)

Formulations: Kukubhadi churna, Arjunarishta, Arjunaghruta