



# Shree Swaminarayan Ayurvedic College,

Opp. SAIJ GIDC, Swaminarayan Vishwamangal Gurukul, Kalol

## HARITAKI



**Latin name:** *Terminalia chebula*

**Family:** Combretaceae

**Regional names:** હરડે (Gujarati), हरड़ (Hindi)

**Morphology:** Deciduous Tree

Leaves: elliptic-oblong, young leaves with rust coloured hair. Flower: Axillary spike. Fruit: Drupe, 5 ribbed.

**Synonyms:** Abhaya, Haimavati, Panchabhadrika, Putana, Amruta

### **Rasa Panchaka:**

Rasa: Kashaya pradhana Lavana varjita Pancharasa

Guna: Laghu, Ruksha

Virya: Ushna

Vipaka: Madhura

Karma: Tridosahara, Kusthaghna, Arshoghna

**Useful parts:** Phala.

**Indications:** Agnimandya, Vibandha, Aruchi, Grahani, Arshas

**Dosage:** 3-6g of the drug in powder form.

**Formulations:** Abhayamodaka, Abhayarishtam, Pathyadi Vati, Pathyadi kwatha, Vyaghriharitaki.