

Review article

## HARITAKI – A WONDER DRUG

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### Abstract

*Haritaki* (Chebulic myrobalan-*Terminalia chebula* Retz (Combretaceae Family) denotes “a fruit having dark greenish yellow color, which drives away diseases” The widely acclaimed Ayurvedic drug is the best wholesome substance and safe for bodily passages (*haritaki pathyanam*). It is found throughout India chiefly in deciduous forests and areas of light rainfall. It grows on variety of soils but thrives best in clay and sandy soils. The fruits ripe from November to March depending upon the locality. The extract obtained from Haritaki fruit contains a substance which has antibacterial and anti-fungal properties. This substance inhibits the growth of bacteria and fungi such as *E. coli*. It is also used in the treatment of leucorrhoea, chronic ulcers, pyorrhea and other types of fungal infections of the skin. In this article, an attempt has been made to review importance of haritaki in Classics along with taxonomical description, Researches on therapeutic effects of haritaki & Yoga’s having HARITAKI in its name & also as an ingredient.

**Keywords:** Haritaki, Taxonomical description, pathyanam

### Introduction

*Haritaki* consists of the pericarp of mature fruits of *Terminalia chebula* Retz. (Fam. Combretaceae), a moderate sized or large tree found throughout India, chiefly in deciduous forests and areas of light rainfall, but occasionally also in slightly moist forests, up to about 1500 m elevation, throughout India, flowers appear from April, August and fruits ripen from October-January [1]. It is one of the three fruits of *Triphala* and a universally acclaimed Ayurvedic medicine world over. This plant is used externally in wound healing, fungal infections, inflammations of the mucous membrane of the mouth, and internally as a rejuvenate, astringent, purgative, stomachic, and laxative. It is useful in asthma, piles, cough etc. The very first quartet of chapters of *Carakasamhita*, *Cikitsasthana* begins with the title “*Abhayamalakiyarasayanapada*” [2] where the term *Abhaya* means *Haritaki*, apart from this almost all the famous *Dravyaguna Nighantu* (Lexicons) have a chapter titled “*Haritakyadivarga*” indicating the therapeutic importance of it among Ayurvedic faculty. *Haritaki* is widely used medicinal plant in Ayurveda. *Haritaki* is used as a natural cleanser of the digestive system. It improves the functioning of the liver, spleen and the colon and hence it is widely used as a digestive

tonic. This medicine is widely used for Antiaging activity. It is also used for increasing the immunity of the body.

### Synonyms of haritaki

The term *Haritaki* denotes “a fruit having dark greenish yellow colour, which drives away diseases”. It is also known as *Abhaya* (Very safe to use), *Avyatha* (cures pain), *Pathya* (safe for bodily passages), *Kayastha* (which provides strength to body), *Putana* (eliminates waste), *Haimavati* (grows on Himalayas), *Cetaki* (Helps to attain clear mind by cleansing channels), *Shreyasi* (Takes care of the person who ingests it) and *Shiva* (Provides all good things) [3]. *Amruta*, *Bhishagvara*, *Devi*, *Divya*, *Jaya*, *Jivanika*, *Jivanti*, *Jivapriya*, *Jivya*, *Pathya*, *Pranada*, *Rohini*, *Vayastha* etc., are other Synonyms [4,5].

### Vernacular names [6]

Sanskrit:	<i>Abhaya, Kayastha, shiva, Pathya,</i>
Asamese:	<i>Shilikha</i>
Bengali:	<i>Haritaki</i>
English:	<i>Myrobalan</i>
Gujrati:	<i>Hirido, Himaja, Pulo-harda</i>
Hindi:	<i>Harre, Harad, Harar</i>

Kannada:	Alalekai
Kashmiri:	Halela
Malayalam:	Katukka
Marathi:	Hirda, Haritaki, Harda, Hireda
Oriya:	Harida
Punjabi:	Halela, Harar
Tamil:	Kadukkai
Telugu:	Karakkaya

## Review of literature

### Haritaki in Samhitas

Charaka had mentioned Haritaki in many *Dashaimani Kushtagna dashaimani* [7], *Virecanopag dashaimani* [8], *Hikkani-graha dashaimani* [9] *Kasahara dashaimani* [10], *Jvarahara dashaimani* [11], *Prajasthapana dashaimani* [12], *Vayahsthapana Dashaimani* [13]. In Agradravyas Pathyanam Haritaki is mentioned [14]. In Charaka samhita Haritaki is indicated in jvara, prameha, kushtha, unmada, apasmara, krimi roga, pandu, grahani, visha, madatyaya, and bhutabaddha etc. It was used as an ingredient in formulations like Phalatrikadi Kvatha indicated in Sarva prameha (C.Ci. 6/40). Lodhrasava is indicated in Prameha, pandu, arsha etc. (C.Ci. 6/41).

Sushruta mentioned it in Amlakyadivarga, Parushakadivarga, Triphala [15]. In Sushruta samhita Haritaki was mentioned with synonyms i.e. abhaya, amrita, pathya, vijaya and haritaki. it is indicated in kushtha, kandu, apasmara unmada, pandu, bhagandara, garavisha, pliha roga, urustambha, gandamala, nadi vrana, netra roga, raktapitta, prameha. It was used as an ingredient in formulations like Mahaushadha ayaskriti indicated in Kushtha, prameha etc. (S.Ci. 10/12), Dhanvantara ghrita indicated in Meha, shotha, gulma, pidika etc. (S.Ci. 12/5), Navayasa lauha indicated in Shotha, pandu, kushtha, prameha etc. (S.Ci. 12/11).

Laghu Vagbhata mentioned it in Parushakadi gana [16]. In Ashtanga Hridaya, Haritaki was mentioned with synonyms i.e. abhaya, pathya, pranada, vijaya, shiva and haritaki. it is indicated in garadosha, raktagulma, kshata, shukra, timira, visha, vrana, ajirna, kushtha, tvakdosha, shopha and udararoga etc. It was used as an ingredient in formulations like Siddha grita indicated in Sarva prameha, gulma, arsha etc.(A. H.Ci. 12/20), Rodhrasava indicated in Prameha, arsha, kushtha etc. (A. H.Ci. 12/26).

### Haritaki in Nighantus

Haritaki is also widely described in nighantus.

### Sushruta nighantu (6th Cent.)

This nighantu was written by Acharya Saushruta based on Susruta samhita. In this nighantu, Haritaki has been described in mushkakadi gana. Abhaya, Pathya, vijaya, amrita, pranada, nandini are the synonym of it.

### Ashtanga nighantu (8th Cent.)

Ashtanga nighantu was written by Vahatacharya. In this nighantu, Haritaki has been described in parushakadi gana. Its synonym are described here are pranada, putana, amogha, abhaya, jaya, pathya, amrita, haimavati, pinditaka, kayastha and rohini.

### Dhanvantari nighantu (10th Cent.)

Haritaki has been placed in guduchyadi varga and abhaya, pathya, prapathya, putana, amrita, jaya, avyatha, haimavati, vayastha, chetaki, shiva, pranada, nandini, rohini and vijaya have been given as its synonym. Regarding its properties, it has been said as kashaya, amla, katu, tikta, madhura in rasa. It is indicated in lekhana karma, medhya karma, chakshuroga, meha, kushtha, vrana, vamaana, shopha, vatarakata, mutrakrichchhra and indriyaprasadana.

### Madanapala nighantu (14th Cent.)

Haritaki has been found in abhayadi varga. The synonym of Haritaki are shiva, pathya, chetaki, vijaya, jaya, putana, prapathya, prathama, amogha, kayastha, pranada, amrita, jivaniya, hemavati, vritana, abhaya, vayahastha, nandini, shreyasi and rohini. Regarding its properties, it has been said as kashaya, katu, tikta, amla, madhura rasa, ruksha guna, ushna virya. It is indicated in dipana, medhya, vrishya, chakshushya, brimhana, shvasa, kasa, jvara, prameha, gulma, arsha, kushtha, shopha, udararoga, krimi, grahani, vibandha, shula, anaha, pliha, ashmari, mutrakrichchhra and mutraghata.

### Raja nighantu (14th Cent.)

Haritaki is included in amradi varga in this nighantu. Haimavati, jaya, abhaya, shiva, avyatha, chetanika, rohini pathya, prapashtya, putana, amrita, jivapriya, jivanika, jivanti, pranada, jivya, kayastha, shreyasi, devi, divya and vijaya have been given as its synonyms. Its rasa has been mentioned as kashaya, Katu, tikta, amla, madhura.

### Bhavaprakasha nighantu (16th Cent.)

Haritaki has been described in haritakyadi varga and the following synonyms are found in this nighantu- abhaya, pathya, kayastha, putana, amrita, haimavati, avyatha, chetaki, shreyasi, shiva, vayastha, vijaya, jivanti, and rohini. Its rasa has been mentioned as kashaya, katu, amla, madhura and tikta rasa, laghu and ruksha guna, ushna virya and vipaka madhura. It is indicated in dipana, medhya, rasayana, chakshushya, anulomana, shvasa, kasa, prameha, arsha, kushtha, shotha, udararoga, krimi, grahani, vibandha, vishamajvara, gulma, adhayamana, chhardi, hikka, kamla, shula, anaha, pliharoga, ashmari, mutrakrichchha & mutraghata.

Shaligramanighantu (19th Cent.)

Haritaki has been placed in haritakyadivarga and abhaya, pathya, kayastha, putana, amrita, haimavati, avyatha, chetaki, shreyasi, shiva, vayastha, vijaya, jivanti and rohini are said as its synonyms. Its rasa has been mentioned as kashaya, amla, madhura tikta and katu in rasa; laghu and ruksha guna, ushna virya and vipaka madhura. It is indicated in dipana, medhya, rasayana, chakshushya, anulomana, shvasa, kasa, prameha, arsha, kushtha, shotha, udararoga, krimi, grahani, vibandha, vishamajvara, gulma, adhayamana, chhardi, hikka, kamla, shula, anaha, pliha, ashmari, mutrakrichchhra.

Priyanighantu (20th Cent.)

In this nighantu Haritaki was mentioned in Haritkyadi varga and Haritaki, abhaya, kayastha has been included as its synonym. Regarding its properties, it has been said as as pancarasa and alavana in rasa. It is tridoshahara and indicated in dosha anulomana, dipana, pachana, arsha, gulma, udavarta, anaha, udararoga, shotha, pandu, svarabheda and kasa.

Panini mentioned Haritaki for the management of Dysurea, Aneuria & Constipation [17].

Bhavamishra identified varied activities in Haritaki by adopting different Pharmacological process [18] i.e.,

1. Charvita (when chewed): - Haritaki increases Appetite.
2. Peshita (when pounded): - Haritaki acts as Laxative.
3. Swinna (when boiled): - Haritaki acts as Anti-diarrhoea.
4. Bhrishta (when fried): - Haritaki acts as Tridoshahara.

Kaiyyadeva formulated the criteria for judging best Haritaki as follows [19].

Best Haritaki should sink when put in to water. Haritaki should weigh two Karshas. Fruits that fall from the tree after ripening only should be collected.

Haritaki is mentioned in almost all nighantus in different ganas & vargas.

Name of the nighantu	Gana in which haritaki is present
Dhanvantari Nighantu	Guduchyadi Varga
Bhavaprakasha Nighantu	Haritakyadi Varga
Raja Nighantu	Amradi Varga
Madanapala Nighantu	Abhayadi Varga
Madanadi Nighantu	Dwitiyadi Gana
Rajavallabha Nighantu	Madhyahnkaricheeda
Dravyaguna Nighantu	Phala Varga
Kaiyaadeva Nighantu	Oushadi Varga
Shodala Nighantu	Guduchyadi Varga
Paryayaratnamala	Sutrasankhya
Nighantusesha	Vruksha Khanda
Saraswati Nighantu	Mahavruksha varga
Sabdachandrika	Vrukshadi varga

#### Types of haritaki in different nighantus [20,21,22,23]

Name of the variety	Bhavaprakasha, raja-nighantu, saligramanighantu, haritasamhita	Rajavallabha nighantu	Caraka Samhita	Dhanvantara nighantu	Nighantu ratnakara
Vijaya	+	+	-	-	+
Rohini	+	+	-	-	+
Putana	+	+	+	+	+
Amrita	+	+	-	+	+
Abhaya	+	+	+	+	+
Jivanti	+	+	+	-	-
Chetaki	+	-	+	+	+
Kalika	-	+	-	-	-

Pathya	-	-	-	+	-
Jaya	-	-	-	+	-
Haimavathi	-	-	-	+	-

According to Bhavamishra *Vijaya* is given more importance as it is useful in all kinds of diseases, for both purificatory measures and preparation of *Avaleha* based products. *Rohini* is useful in consumption and wounds. *Putana* is useful for external application. *Amrita* variety is useful as a purgative. *Abhaya* is for eye disease. *Jeevanti* is medicine for oleation therapy. *Kalika* is effective in removing the foul smell of the ulcer; *Chetaki* for purgation.

#### Scientific classification/ taxonomical description [24]

Kingdom	Plantae
Subkingdom	Angiosperms
Division	Phanerogams
Class	Monocotyledons
Subclass	Epigynae
Order	Scytaminiales
Family	Combretaceae
Genus	Terminalia
Species	Chebula
Botanical Name	<i>Terminalia chebula</i>

#### Chemical constituents [25]

A number of glycosides have been isolated from *haritaki*, including the triterpenes arjun glucoside

#### Rasapanchaka of haritaki [27]

Rasa	Guna	Virya	Vipaka	Karma	Indications	Contra-indications
Lavana Vargita Pancharasa	Laghu Ruksha	Usna	Madhura	Doshanulomana, Deepana Pachana, Ayushya, poustika, Dhanya, Vyastapana Sarvarogaprasamana Buddhiindriyabalapradam Smrutibuddhi- Pramoham	Kustam, Gulma, Mada, Udavartam, Pandu, sopha, Arasa, Grahani, Vishamajwara, Hrudroga, Kasa, Premeha, Kamala, Krimi, Swayathu, Tamakam, Chardi, kaphapraseka, Siroroga, Atisara, Arochaka, Sosha, Srotovibhanda, Tamakaswasa, Kliabya Smrutibuddhi- Pramoham.	Ajirna Rukshabhojana Stri, Madhya , Visha, Karsha Kshut, Trut, Usnardita.

I, arjungenin, and the chebulosides I and II. Other constituents include a coumarin conjugated with gallic acids called chebulin, as well as other phenolic compounds including ellagic acid, 2,4-chebulyl- $\beta$ -D-glucopyranose, chebulic acid, gallic acid, ethylgallate, punicalagin, terflavin A, terchebin, luteolin, and tannic acid. Chebulic acid is a phenolic acid compound isolated from the ripe fruits. Luteic acid can be isolated from the bark. *Terminalia chebula* also contains terflavin B, a type of tannin, while chebulic is found in the fruits.

#### Concept of ritu haritaki

Bhavamishra had mentioned the usage of haritaki throughout the year with different anupanas based on ritu [26].

Name of the Ritu	Anupana
Vasantha Ritu	Madhu
Grishma Ritu	Guda
Varsha Ritu	Saindhava Lavana
Sharad Ritu	Sharkara
Hemanta Ritu	Sunthi
Sisira Ritu	Pippali

### Important therapeutic activities & current research

#### *Rasayana (Antioxidant and free radical scavenging activity)*

The leaves, bark and fruit of *T. chebula* demonstrated high antioxidant activity due to presence of phenolics [28]. *T. chebula* (ethanol extract) inhibited oxidative stress and the age-dependent shortening of the telomeric DNA length. [29].

#### *Vibandha (purgative property)*

*T. chebula* increases the stools and has got property of evacuating the bowel completely demonstrated in a short-term clinical trial carried out on patients with simple constipation [30].

#### *Udararoga (Hepato protective activity)*

*T. chebula* was found to prevent the hepatotoxicity caused by the administration of rifampicin, isoniazid and pyrazinamide (combination) in subchronic model (12

weeks) [31]. *T. chebula* fruit (95% ethanolic extract) showed hepatoprotective activity against anti-tuberculosis (anti-TB) drug-induced toxicity which could be attributed to its prominent anti-oxidative and membrane stabilizing activities [32].

#### *Hrudya (Cardio-protective)*

*T. chebula* demonstrated cardioprotective activity in isolated frog heart model. [33]

#### *Shotha (Anti-inflammatory & anti-arthritis activity)*

*Terminalia chebula* hydroalcoholic extract (TCHE) demonstrated Anti-arthritis and disease modifying activity of *Terminalia chebula* Retz. in experimental models [34].

#### *Dantaroga (Anticaries activity)*

*T. chebula* demonstrated preventive action on dental caries [35].

### Yogas having HARITAKI in their names & also as an ingredient

Name	Ingrédients	Form	Dosage	Anupana	Indications	Adhikarana	Reference
Danthi Haritaki [36]	Harithaki, Danti, Chitraka, Guda, Taila, Trivrut, Pippali, Sunthi, Caturjataka, Madhu.	Avalehya	1 Pala	Haritaki fruit	Gulma, Sotha, Arsha, Panduroga, Hridroga, Kamala, Grahaniroga, Vishama-jwara, Kushta, Plihavruddhi	Charaka samhitha, Gulmaroga adhyaya	Charaka samhitha, Gularoga adhyaya C-5, S-154 to 160
Kamsa-Haritaki [37]	Laghupancha moola, Brihat panchamoola Haritaki Phala Guda, Trikatu Trisugandhi.	Avalehya	2-6 Tola	1 Abhaya fruit	Swasaroga, Sotha, jwara, Arochaka, Prameha, Gulma, Pliha, Tishodhaja, Panduroga, Rakthapittha, Amlapittha, Vivarnatha, Muthra-vikara, Sukradosha	Sotha-chikistha Adhyaya	Charaka sahitha, Chikistha sthana, Sotha chikistha adhyaya, sloka 33-54

Gomuthra Haritaki [38]	Gomuthra, Haritaki	Choorna		Kshira or Mamsa	Panduroga	Panduroga Adhyaya	Charaka sahitha, Chikistha sthana, Panduroga Adhyaya, sloka 67-68.
Agasthya Haritaki [39]	Dashamoola, Kapikachuvati, Kachoor, Balamoola, Gajapipalli, Apamaarga, Pippalimoola	Avalehya	2 Abhaya	-	Vali Palita hanti, Pancha kasa, Kshaya, Hikka, Hridroga, Arsa, Grahani, Vishama Jwara	Kasa Cikitsa	Charaka sahitha, Chikistha sthana, Kasa Cikitsa sloka (57- 62)
Abhayadhya Avalehya [40]	Haritaki, Gomuthra	Avalehya	-	-	Sangrahini, Pandu, Sosha, krimiroga, Atisara, Yakruthroga, Pliharoga, Swasa, Visuchika, Pinasa	Thrithia-ayadhya, Thrithiyyasthana of Harithasamhitha	Thrithia-ayadhya, Thrithiyyasthana of Haritha samhitha c-3, sloka 98-100.
Haritaki Choorna [41]	Haritaki choorna	Choorna	3 grams	-	Alpadosha, yuktha athisara	Athisara chikistha-adhyaya	Charaka samhitha, Chikisthasthana, Athisara Chikistha-adhyaya, c-19, s-17
Pathyadi Modhaka [42]	Haritaki choorana Dhathri chorna Eranda, Trivrith choorna.	Modaka	1-pala	Shitala jala	for Virechana purpose for Sukumara persons	Shayama Trividha kalpa Adhyaya	Charaka samhitha Kalpa sthana chapter -7 sloka -50
Haritakyaadi vati [43]	Haritaki 6parts Pipalli 4 parts	Vati	-	-	Agni Deepana	Trithiya sthana Haritha samhitha	Haritha samhitha 3 <sup>rd</sup> sthana 6 chapter, 26 <sup>th</sup> sloka
Shiva Guggulu [44]	Triphala, Erandataila, Suddha Guggulu, Gandhaka, Danti	Vati	1 gm	Usna Udaka	Amavata, Katisula Gridrasi Krostukasirsa	Amavata Cikitsa	Bhaishajya Ratnavali Vol 2 Sloka no 196-199

	Jatamamsi, Sunthi, Devadaru						
Abhaya Vati [45]	Haritaki, Trikatu Jayapala, Kshira Tankana	Vati	½ gm	Tandula Udaka Usna jala	Jirna Jwara, Pliha Vridhhi, Vatodara Sarvaajirna kamala, Astodara	Udararoga Cikitsa	Bhaishajya Ratnavali Vol 2 Sloka 94-97
Abhaya Lavana [46]	Haritaki, Paribhadra, palasa Punarnava, Arka Pushkaramula, Kutaja, Vasaka, Snuhi, Gomutra Apamarga, Citraka Agnimantha, Asphota	Lavana	Depend on Vaya & Vyadhi	Based on Yukti & Vyadhi	Yakrut Udara Plihodara, Gulma, Hridroga Cidrodera, Anaha, Asthila Sarkara, Ashmari, Agnisada	Pliha Yakruta Roga	Bhaishajya Ratnavali Vol 2 Sloka 32-40
Dashamula Haritaki [47]	Haritaki Dashamoola Guda Yavakshara Trikatu, Madhu	Avalehya	-	-	Premeha, Sotha Jwara, Arochaka Gulma, Arsas Pandu, Udara roga	Sotha Roga Cikitsa	Bhaishajya Ratnavali Vol 2 Sloka 136- 139
Citraka Haritaki [48]	Citraka, Amlaki Haritaki Choorna Dashamoola Guda Trikatu, Dalchini Sukshmaela Madhu yavakshara	Avalehya	-	-	Kshaya, Kasa Pinasa, Krimi Gulma, Arsas Udavarta, Swasa	Nasa Roga Cikitsa	Bhaishajya Ratnavali Vol 3 Sloka 25-28
Vyaghri haritaki [49]	Panchanga of kantakari, Guda trikatu, Caturjata Fruits of Haritaki	Avalehya	1 Haritaki	Sukausna Jala, Sitajala Kshira	All the Ekadasha rupas of Rajayakshma	Kasa Cikitsa	Bhaishajya Ratnavali Vol 1 Sloka 169- 172
Haritaki Khanda [50]	Haritaki, Trivruth Caturjataka,	Khanda	-	-	Sula of 8 types Amlapitta,	Sula Cikitsa	Bhaishajya Ratnavali Vol 2

	Talisa Nagakesari, Guda Jatikosa, lavanga Abhrasa, Tankana Loha & Kshira				Kasa Annadrava- sula *Kantipusti- kara *Hrudya *Bala Medha Vardhaka		Sloka 205- 210
Agastya Haritaki Paka [51]	Bharangi Pushkaramula Chitraka, Haritaki Dashamoola Pippalimoola	Avalehya	-	Madhu	Panduroga Kasa, Hikka Artava- janana Halimaka, Brama, Premeha Paktapitta, Hrudroga	Kshaya Roga	Haritasamhita
Amruta Haritaki [52]	Haritaki, Cavya, Chitraka, Sunthi Maricha, Panchavidhal avana Ajamoda Yavakshara, Hingu Tankana	-	2 Phala	Haritaki	Mandagni	Mandagni Cikitsa	Bhaishajya Ratnavali Vol1 Sloka260-263
PathyaVati [53]	Haritaki, Nagabala Kustha & Gomutra	Vati	½ gm		Mukhadourg andha	Mukha Roga	Bhaishajya Ratnavali Vol3 Sloka122
Abhayarista [54]	Haritaki, Amlaki, Kapittha, Lodra Indravaruni, Maricha, Pippali, Vidanga	Arista	-		Grahani, Pandu, Hridroga, Pliharoga Gulma, Udara Kusta, Sopha, Aruchi, Kamala Jwara, Vyanga Krimi, Granthi, Rajaya- kshma, Arbuda, Svitra *Bala Vardhaka	Arsas Cikitsa	Caraka Samhita Vol 2 Sloka138-143



					*Varna Vardhaka *Agni Vardhaka		
Pathyadi Kashayam [55]	Pathya, Aksa Dhatri, Bhunimba Nisa, Nimba Amruta	Kashaya	-	Guda	Bhru Sankha Karna sula, Suryavarta, Sankhaka, Dantapata, Akshiroga	Kwatha Kalpana Adhyaya	Sarangadhara Samhita Sloka 143,144,145
Shiva Gutika [56]	Shilajitu, Triphala Kashaya, Dashamula, Guduchi, Madhuyasthi, Draksha, Chitrakamula , Rasna, gajapippali, Chavya, Gomutra Guda, Goghrita, Madhu, Tilataila, vansalochana, Nagakesara, Sukshma ela, Jati pushpa.	Vati	2 gm	Kshira Mamsaras Dadimaras Sura Madhu Sitalajala After digestion of medicine one should take Mudga- yusha, Kshira, Jangala- mamsa rasa	Taking this medicine for 1 year can cure Vatarakta, Arsas, Jwara Rajyakshma, Bradhna Yonidosha, Klaibya, Premeha, Kamala, Raktapradar a, Atisara, Anaha, Kasa, Swasa, Gulma, Adhyavata, Vidradi, Bhagandara, Raktapitta, Visha, Slipada.	Rasayana	Bhaishadhya Ratnavali Sloka151- 175.

## Discussion

Haritaki not only as an individual drug but also used with different other drugs to derive multiple Pharmacological effects it was used in all modes of preparations like arista, asava, churna, vati, Lavanam, avalehya, Kashaya kalpanas.

According to Sarangadhara, the action of haritaki is anulomana (Drugs which act on partially formed mala, and assist in the formation of well-formed mala, clears the obstruction and thus helps in its easy expulsion ex. Haritaki) [57]. Adamalla and Kashiram opined that anulomana not only act on malapaka but also on the doshapaka [58].

Thus it fulfils the criteria of doshanirharana in terms of dosha paka i.e. mitigation of aggravated

doshas and malapaka also relates with vata, mutra and purisha [59].

Pakvasaya is the pradhana vata sthana According to the modern research, the gut (mahasrotas) is considered as Second brain like the brain, the colon's nerves are connected to every part of the body and will register and retain information, memory, and feelings of any experience that happened anywhere in the body.

Also, like the brain, the colon can initiate memory and send messages to all parts of the body. Quoted from: [http://www.inside3hands.com/newsletter/fall\\_07/4.html](http://www.inside3hands.com/newsletter/fall_07/4.html) [60]. Haritaki having the property of Vatanulomana also possess the karma of Buddhiindriyabalapradam and indicated in Smrutibuddhi Pramoham [61] might be achieved by acting on colon.

### Conclusion

Haritaki which was regarded as King of Drugs possess the qualities which were mentioned in cikitsa catuspada like Bahukalpam (used for making different formulations) [62]. Bahu gunam (possess great pharmacological benefits) [63], Sampannam (easily available) these qualities make it a yogya oushadha [64]. Different researches are made on haritaki more emphasis is required to note the Psychological & Spirutual aspects of the drug.

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