

TERMINALIA CHEBULA

(Haritaki)

Common Name	:	Hindi	:	Harrar
		Sanskrit	:	Haritaki, Abhaya, Pathya
		English	:	Chebulic Myrobalan
Family	:	Combretaceae		
Botanical Name	:	<i>Terminalia chebula</i> Ritz.		

Introduction

It is a common plant in India and largely used by Indian physicians. It is commonly known as Haritaki in Hindi. The Hindu physicians and public of our country use it as a mild laxative. Its therapeutic action to make the bowels clear can not be questioned by any body. It is an excellent medicine in piles, constipation, chronic dysentery, and dropsy chronic diarrhea, and in some skin diseases. It is a very good medicine for vertigo too. The two symptomatic proving of this drug were conducted in 1985-86 at Ghaziabad and Midnapure and in 1991-92 at RRI New Delhi and DPRU Calcutta by the CCRH and published in Quarterly Bulletins vol. 9(3&4), (1987) & vol. 15 (1&2), (1993).

Description

A moderate sized or large deciduous tree. Leaf buds, branchlets and youngest leaves with soft, shining, generally rust colored hairs. Leaves 7-20 cm. by 4-8 cm. glabrous or nearly so when mature, not clustered, distant, sub opposite, elliptic oblong, acute rounded, or chordate at base, penninerved, and secondary nerves 6-8 pairs, arching prominent. Flowers are hermaphrodite 4 mm. across, sessile, dull white or yellow, with an offensive smell. Spikes sometimes simple usually in short panicles, terminal and in the axils of the uppermost leaves. Semi-mature fruits: Yellowish-brown, ovoid, 20-35 mm long, 13-25 mm wide, wrinkled longitudinally, carpel 5-6 ribbed longitudinally, hard and stony; Seed are light yellow 15-25 mm long rough, pulp 3-4 mm thick, adhered to seed. Odorless; taste astringent, later sweetish. Bark 6mm. thick, dark brown with many generally shallow vertical cracks.

Distribution

Throughout the greater part of India, Burma and Ceylon, up to 5000 ft. in the outer Himalayan and up to 6000 ft. in Travancore.

Part Used: Semi-mature Fruit.

Clinically Verified Symptoms

Name of Drug : Terminalia chebula

Potency : Q, 6, 30

Location	Symptom	Source	No. of patients prescribed	No. of patients relieved
Mind	Indifference	7	4	2
Vertigo	Vertigo	7	148	100
	> open air	7	3	1
	< sun rays	4,7	53	33

Location	Symptom	Source	No. of patients prescribed	No. of patients relieved
	Giddiness <heat of sun	9	21	21
	Vertigo (with heaviness in head)	4,7	7	7
	(with darkness before eyes and palpitation)	-	2	2
	(with dullness)	-	4	4
	> cold application	4,7	1	1
	< sun, motion, > cold air, sleep	7	67	62 ✓
Head	Throbbing headache	9	25	17
	< sun heat	4,7,9	41	26
	Headache < sun rays	7	131	85
	> cold application, air, cold bath	7	83	76 ✓
	> pressure	9	30	24 ✓
	Right sided headache < heat	7	29	27
	(Pain - vertex)	-	13	13
Mouth	Aphthae with profuse salivation	9	74	57 ✓
	Tongue - dry - brownish coated	4,7	64	36 ✓
	Taste - bitter	3,4,7,8	158	144 ✓
	Profuse salivation with intense thirst for cold water	4,7	5	3
	Foul smell from mouth	4,7	10	7
Stomach	Loss of appetite	8	77	49
	Flatulence with (burning) pain in stomach	7	3	2
	Pain in stomach	9	17	7
	(Burning) Pain < eating after	8	2	2
	Heart burn with eructation	8	18	16
	Acidity with sour eructation < after eating	9	90	51
	(Burning) Pain epigastrium (<eating after with sour eructation)	8	19	15
Abdomen	Flatulence with	8	205	114
	(Indigestion)	-	69	69 ✓
	Heaviness in abdomen with flatulence (< after eating)	7,8,9	203	117
	Pain in abdomen > passing stool	4,8,9	14	7
	(> after food)	9	3	2
	Flatulence (> passing flatus)	9	3	1
	Pain umbilical region > by stool	9	87	47
	(< eating after)	9	2	2
Rectum	Stool - (loose 3-4 times daily) frequent	4	4	4
	- mixed with mucus	4,8	77	25
	Constipation with scanty, hard stool with difficulty in evacuation	4,7	41	36 ✓

Location	Symptom	Source	No. of patients prescribed	No. of patients relieved
	Constipation with ineffectual desire	4,7,8	353	232
	Stool hard – constipated	4,7	225	147
	Stool sticky with bleeding piles	4	3	3
	Bleeding piles	4,7,8	431	314 ✓
	Loose scanty (<after meal)	8	5	4
	Piles (Blind, painful, burning < after stool)	8	9	5
Urinary	Frequent - urination < night	4	16	15
Back	Backache – sever < standing	9	23	14
	< motion	9	195	118
	- with flatulence < sitting, motion > lying	4,7	146	131 ✓
Extremities	Pain in deltoid region < raising the arm	7	6	3
	(< flexion)	-	2	2
	Backache (lumber region)	4	25	25
Skin	(Scabies) Vesicular – like eruption	8	7	5

Note:- Additional symptoms (which are not present in literature) are in brackets & bold.

Additional Symptoms	No. of Patients Relieved
Vertigo with darkness before eyes and palpitation	2
Vertigo with dullness	4
Head Pain – vertex	13
Flatulence with Indigestion	69
Pain in deltoid region < flexion	2

Discussion

Its therapeutic action is to make the bowels clear. It is a good for flatulence, piles diarrhea, dysentery, headache, vertigo, indigestion, heartburn, constipation with ineffectual desire for stool, bleeding piles, backache I lumber region.

Hot sun's rays, motion, and heat of sun aggravate most of the complaint. Some complaints are < heat & eating after. And most of the complaint is amelioration by cold, cold application, cold air, open air, rest, pressure, passing stools.

Vertigo, sun heat >open air, headache < sun heat > cold application, burning pain in stomach <eating after, acidity <eating after, flatulence <eating after, backache < motion, standing, >by lying down.