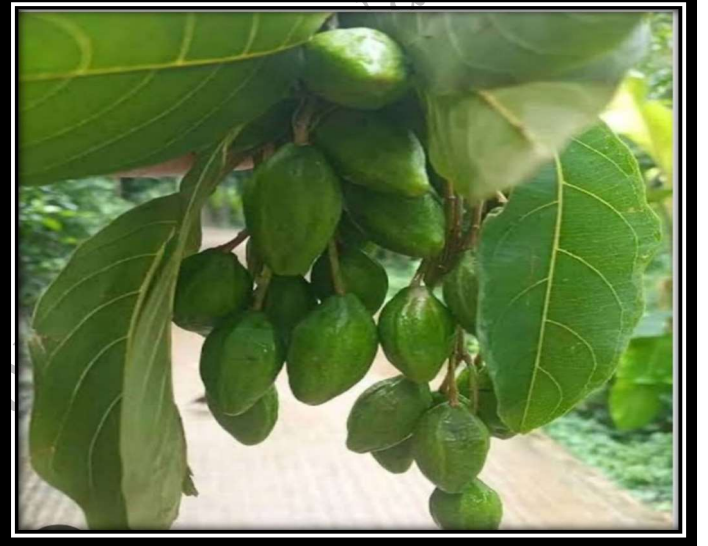


# Department of Dravyaguna Vidnyan

## Plant Name: Hirada



**Plant Name: Hirada (Haritaki)**

### Introduction

- **Botanical Name:** *Terminalia chebula*
- **Family:** Combretaceae
- **Common Names:**
  - Sanskrit: Haritaki, Abhaya, Pathya
  - Hindi: Harad
  - Marathi: Hirada
  - Gujarati: Hirdo
  - Tamil: Kadukkai
  - Telugu: Karakkaya
  - Kannada: Alale

### Significance in Ayurveda

- Known as "Vayastapani" (promoter of longevity).
- One of the Triphala (Haritaki, Bibhitaki, Amalaki).
- Described as Rasayana (Rejuvenative), Tridoshahara (Balances Vata, Pitta, and Kapha).
- Used in digestive, respiratory, and detoxification therapies.

## Classification According to Ayurveda

- **Charaka Samhita:** Rasayana, Deepaniya, Lekhaniya
- **Sushruta Samhita:** Pathyadi Varga
- **Vagbhata:** Mentioned in **Triphala and Rasayana** therapies

## Morphology

- **Type:** Large deciduous tree, up to 20-30 meters tall.
- **Leaves:** Simple, alternate, ovate, and dark green.
- **Flowers:** Small, yellowish-white, in terminal spikes.
- **Fruits:** Ovoid, drupe-like, yellow-green when raw, brown when ripe.
- **Seeds:** One per fruit, hard and brownish.

## Distribution & Habitat

- Found in India, Nepal, Sri Lanka, China, and Thailand.
- Grows well in subtropical and tropical climates.

## Chemical Constituents

- **Tannins (30-40%):** Chebulinic acid, Chebulagic acid, Gallic acid.
- **Flavonoids:** Quercetin.
- **Alkaloids:** Chebuline, Chebulanin.
- **Other compounds:** Vitamin C, Beta-sitosterol, Amino acids.

## Properties (According to Ayurveda)

- **Rasa (Taste):** Kashaya (Astringent), Madhura (Sweet), Tikta (Bitter), Katu (Pungent)
- **Guna (Quality):** Laghu (Light), Ruksha (Dry), Sara (Flowing nature)
- **Virya (Potency):** Ushna (Hot)
- **Vipaka (Post-digestive effect):** Madhura (Sweet)
- **Karma (Actions)**
  - Deepana (Appetizer, enhances Agni - digestive fire)
  - Anulomana (Regulates Vata and relieves constipation)
  - Vishaghna (Detoxifier, removes toxins)
  - Rasayana (Rejuvenative, anti-aging)
  - Medhya (Enhances brain function and memory)

## Dosha & Dhatu Affinity

- **Dosha:** Balances Vata, Pitta, and Kapha (Tridosha-hara).
- **Dhatu:** Affects Rasa (lymph), Rakta (blood), Mamsa (muscles), and Asthi (bones).

## Indications

- **Digestive Disorders:** Constipation, bloating, indigestion.
- **Respiratory Disorders:** Cough, asthma, bronchitis.
- **Skin Disorders:** Acne, eczema, psoriasis.
- **Eye Disorders:** Conjunctivitis, eye strain.
- **Metabolic Disorders:** Diabetes, obesity.
- **Reproductive Disorders:** Uterine health, sperm quality.

- **Liver Disorders:** Hepatitis, jaundice.
- **Neurological Issues:** Memory enhancement, anxiety, stress.

## Parts Used

- **Fruits (Dried or Fresh)**
- **Seeds (Rarely used)**

## Dosage

- **Powder (Churna):** 1-5 g with warm water.
- **Decoction (Kwatha):** 30-50 ml.
- **Haritaki Gutika (Tablet):** 1-2 tablets twice daily.
- **Oil (Taila):** External application for wounds and ulcers.

## Types of Haritaki (According to Ayurveda)

1. **Vijaya** – Best for all disorders, used in medicines.
2. **Rohini** – Healing and wound treatment.
3. **Putana** – Used in **Bal Roga (pediatric diseases)**.
4. **Amruta** – Best for **Rasayana (rejuvenation)**.
5. **Abhaya** – Used in **eye and skin diseases**.
6. **Jivanti** – Strengthens **immune system**.
7. **Chetaki** – Used in **purgative treatments**.

## Uses

### External Uses

- **Wound Healing:** Used in **oil form (Haritaki Taila)**.
- **Anti-inflammatory:** Used as a **paste** for swelling and joint pain.

### Internal Uses

- **Digestive Health**  
Acts as a **mild laxative**, relieves **constipation and bloating**.
- **Respiratory Disorders**  
Clears mucus, useful in **asthma and cough**.
- **Liver Detox**  
Stimulates liver function, treats **fatty liver and hepatitis**.
- **Brain Tonic**  
Enhances **memory and intelligence**.
- **Anti-aging**  
Used in **Rasayana therapy** for longevity.

## Important Yogas (Formulations)

1. **Triphala Churna** – For **digestion, immunity, and eye health**.
2. **Abhayarishta** – For **piles and constipation**.
3. **Pathyadi Kwatha** – For **migraine and headaches**.
4. **Haritakyadi Taila** – For **joint pain and inflammation**.
5. **Nisha Haritaki Churna** – For **diabetes and metabolic disorders**.

## **Therapeutic Uses**

### **1. Constipation & Bloating**

**Haritaki Churna + warm water** at night improves digestion.

### **2. Weight Loss**

**Triphala powder** before bed **boosts metabolism**.

### **3. Cough & Cold**

**Haritaki + honey** relieves **cough and throat irritation**.

### **4. Memory Enhancement**

**Haritaki + Brahmi** improves **cognitive function**.

### **5. Diabetes Management**

**Haritaki + turmeric** regulates **blood sugar levels**.

## **Contraindications & Precautions**

- **Pregnancy & Lactation** – Avoid excessive use.
- **Severe Weakness** – Can be **too strong** for **underweight individuals**.
- **Diarrhea** – As it is a **natural laxative**, **high doses** should be avoided.
- **Dehydration** – Drink plenty of **water** while using **Haritaki**.

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