

## THERAPEUTIC USES OF HARITAKI

*Haritaki* (*Terminalia chebula* Retz. Family: Combretaceae) commonly known as 'Harada' in Ayurveda is mentioned as "Sarvarogaprashamnam" meaning it cures all diseases. It is also known as "vayasahsthapaniparaam" meaning it has potential *rasayana* (rejuvenating) properties. *Haritaki* is a wonder drug having different pharmacological actions and benefits according to different *anupana* (a vehicle, a drink with or after medicine), different season and its physical properties.

*Haritaki* when prescribed along with *lavana*, *sharkara* (sugar), *ghrita* (ghee) and *guda* (jaggery) pacify respectively *kapharoga*, *pittaroga*, *vataroga* and *tridoshajroga*.

For *rasayana* properties, *Haritaki* is prescribed with different *anupana* in each season. It is used with *saindhavlavana* in *varsharitu*, with *sharkara* in *sharadritu*, with *shunthi* in *hemanta ritu*, with *pippali* in *shishirritu*, with *madhu* in *vasantritu* and with *guda* in *greeshmaritu*.

*Haritaki* has different pharmacological actions according to its different forms used in prescription. It increases *jatharagni* (digestive fire) when it is chewed, it clears bowel when consumed in powder form, when boiled/steamed it act as anti-diarrhoeal and if it consumed after roasting it pacify *tridoshajroga*.

Some important preparations of *Haritaki* are *triphalachurna*, *abhayarishta*, *chitrakharitaki*, *dantiharitaki* and *abhyadimodak*.

**Dr. Vikas Nariyal**

**Email:** [vaidvikas.ayu@gmail.com](mailto:vaidvikas.ayu@gmail.com)