

## THERAPEUTIC IMPORTANCE OF ARJUNA (TERMINALIA ARJUNA W. & A.) IN AYURVEDA – A CLASSICAL REVIEW

<sup>1</sup>Mehta Mehul

<sup>2</sup>Doshi Krunal

<sup>3</sup>Shukla .V.J.

<sup>1</sup>Head, Quality Control Laboratory, Indian Institute of Ayurvedic Pharmaceutical Sciences (I I A P S), Gujarat Ayurved University, Jamnagar, Gujarat, India.

<sup>2</sup>Head dept. of Dravyaguna, Indian Institute of Ayurvedic Pharmaceutical Sciences (I I A P S), Gujarat Ayurved University, Jamnagar, Gujarat, India.

<sup>3</sup> Head Dept. of Pharmaceutical Chemistry, Institute of Post Graduate Teaching & Research in Ayurveda (I.P.G.T.&R.A.), Gujarat Ayurved University, Jamnagar.

### ABSTRACT :

*Ayurveda* delineates the use of *Arjuna* (*Terminalia Arjuna* W. & A., Combretaceae) for the management of different disease conditions in classical texts. In this article, an attempt has been made to compile as critically and its information related to *Arjuna* from *samhitas*, *samgraha granthas*, *nighantus* and other published texts. It is observed that 125 different classical formulations contain of *Arjuna* as an ingredient, which are effective in more than 20 disease conditions. The indications include *hridayaroga* (heart diseases), *vrana* (wound), *agnimandya* (loss of appetite), *jwara* (fever), *shotha* (inflammation), *kushtha* (skin disease), *arsha* (piles) etc. Different parts of *Arjuna* are used in about 11 dosage forms; such as *swarasa* (juice), *kwath* (decoction), *lepa* (paste), *avaleha* (semi-solid preparations), *taila* (oil), *rasa* (mineral preparation), *rasakriya* (water extract), *vati* (pills), *ghruta* (fat soluble preparations) and *churna* .

**Key words:** *Arjuna*; *Terminalia arjuna* W. & A.; *Ayurveda*;

**INTRODUCTION:** *Ayurveda* deals with drugs of plant, animal, metal and mineral origin, where maximum drugs are of plant origin.<sup>[1]</sup> Information pertaining these drugs are available in the classical texts of *Ayurveda* named as *Vedas* (6000 BC), *Samhitas* (1500 BC – 600 AD), *Nighantu* and *Samgraha granthas* (800AD – 1900AD).<sup>[2]</sup> *Arjuna*, one of the classical drugs of herbal origin, botanically identified as *Terminalia arjuna* W. & A., has been used by the *Ayurvedic* physicians, for the management of different disease conditions.

*Terminalia arjuna*, commonly known as *Arjuna*, belongs to the family of combretaceae. It is a deciduous tree found throughout India growing to a height of 60-90 feet. The thick, white to pinkish grey bark has been used in India's native

*Ayurvedic* medicine for over three centuries, primarily as a cardiac tonic. Its bark decoction is being used in the Indian sub-continent for angina pain, hypertension, congestive heart failure, and dyslipidemia, based on the observations of ancient physicians for centuries. In present scenario *Arjuna* is majority used for the heart diseases but, actually it is divine tree used in so many disorders. But, such kind of review specially regarding to classical (*Ayurvedic* point of view) references are found less. Hence, present review is carried to know more divinity of *Arjuna*

**BOTANICAL DESCRIPTION:** It is a large evergreen tree. Leaves are sub-opposite, oblong or ellipticle, coriaceous, cordate, shortly acute or obtuse at the apex. Flower in paniced spikes. Fruits

ovid-oblong, 2.5-5.0 cm long, nearly glabrous with 5-7 hard winged angled.<sup>[3]</sup>

**CLASSICAL REVIEW:** Various available *samhitas* (classical texts), *nighantus* (lexicons), *samgraha granthas* (compendia) and some other texts related to *prayoga* were referred; the synonyms, properties, actions and various formulations with their *adhikara* (prime indica-

tion) were compiled, critically analyzed and arranged in a systematic manner.

**SYNONYMS:** *Ayurvedic* lexicon describes the plant drug through *paryaya* (synonyms). *Arjuna* was attributed 43 synonyms for describing its morphological and pharmacological characters, in various texts. (Table1)

**Table-1 Synonyms of Arjuna in different nighantus and their probable interpretation**

Sr.	Synonyms <sup>[4-8]</sup>	Probable Interpretation <sup>[9-13]</sup>
1.	<i>Arjuna</i>	The tree has spreading branches
2.	<i>Chitrayodhi</i>	-
3.	<i>Devshala</i>	Tree with strong action
4.	<i>Dhananjaya</i>	It gets victory over diseases
5.	<i>Dhanavi</i>	-
6.	<i>Dhawal</i>	The outer bark is whitish in colour
7.	<i>Dhurandhara</i>	The tree has power to destroy diseases
8.	<i>Dhurtabhuruha</i>	The outer bark is grayish white in colour
9.	<i>Falgun</i>	-
10.	<i>Falguni</i>	-
11.	<i>Gandiri</i>	-
12.	<i>Gandiva</i>	-
13.	<i>Gandivi</i>	-
14.	<i>Gaur</i>	It has whitish colour bark
15.	<i>Hridyogavairi</i>	It is used in cardiac disorders
16.	<i>Indradru</i>	It has very powerful properties
17.	<i>Indradruma</i>	It is potent drug
18.	<i>Indrasunu</i>	It has strong action
19.	<i>Kakubha</i>	It is large tree covers large area
20.	<i>Karaveeraka</i>	-
21.	<i>Karnari</i>	-
22.	<i>Kashaya</i>	Having <i>Kashaya rasa</i>
23.	<i>Kauntaya</i>	-
24.	<i>Kiriti</i>	-
25.	<i>Krishna sarthi</i>	As the <i>Arjuna</i> is supportive to the lord <i>Krishna</i> this drug is very useful for human being
26.	<i>Kuruviraka</i>	It is brave tree against disorders of heart
27.	<i>Madhugandhiprasunaka</i>	Flower are sweet scented
28.	<i>Nadisarja</i>	It grows near the river bank
29.	<i>Pandav</i>	As the name of <i>Arjuna</i> mentioned in <i>bhagwadgeeta</i>
30.	<i>Partha</i>	As the name of <i>Arjuna</i> mentioned in <i>bhagwadgeeta</i>

31.	<i>Pruthaja</i>	-
32.	<i>Sarpana</i>	Large tree with spreading branches
33.	<i>Savyasachi</i>	-
34.	<i>Shambar</i>	-
35.	<i>Shivamalka</i>	-
36.	<i>Shwasaneswara</i>	Relieves <i>swasa</i>
37.	<i>Shwetavaha</i>	The bark is white in colour
38.	<i>Vairantaka</i>	A very useful tree
39.	<i>Veera</i>	A strong drug for many disorders
40.	<i>Veeravruksha</i>	It is useful in many diseases
41.	<i>Viradru</i>	It is potent drug
42.	<i>Virantaka</i>	It has strong action
43.	<i>Virtaru</i>	A very effective drug for heart

**Classification of Arjuna:**<sup>[14-15]</sup> Classical texts of *Ayurveda* mentions *Arjuna* under different categories by keeping the drug under various *vargas* (groups of drugs) like *Kashayaskandha*, *Udarda prashamana*, *Salsaradi* and *Nyagrodhadi*.

**Table -2 Pharmacological properties of Arjuna** <sup>[16-21]</sup>

<i>Rasa</i>	<i>Guna</i>	<i>Virya</i>	<i>Vipaka</i>	<i>Dosh karma</i>	<i>Prabhava</i>	<i>Karma</i>	<i>Rogahnata</i>
<i>Kashaya</i>	<i>Laghu, Ruksha</i>	<i>Sheeta</i>	<i>Katu</i>	<i>Kaphapitt shamaka</i>	<i>Hridya</i>	<i>Hridya, Raktaprasadan, Stambhana, Kaphaghna, Jwarahara, Mutrasangrahaniya, Sandhaniya, Medohara, Vishaghna, Vranaropan, Balya, Rasayana</i>	<i>Hridayaroga, Raktavikara, Shotha, Raktapitta, Pandu, Swasa, Prameha, Shukrameha, Charmaroga, Kandu, Kustha, Jwara, Medoroga, Asthibhanga, Vrana, Yauvanpidika, Raktastrav, Netraroga, Karnaroga</i>

**Pharmacological properties of Arjuna:**

*Arjuna* has been attributed with *kashaya rasa, katu vipak, sheeta veerya*, has *laghu* and *ruksha* *gunas*. It pacifies *kapha* and *pitta doshas*. It also possesses the *prabhava* that is *Hridya* (Table 2). It is being recommended to alleviate various disease conditions like *Hridayaroga* (heart

diseases), *Raktavikara* (disorder of blood), *Shotha* (inflammation), *Raktapitta* (bleeding disorder), *Pandu* (anemia), *Swasa* (asthma), *Kandu* (itching), *Kustha* (leprosy), *harmaroga* (skin diseases), *Jwara* (fever), *Medoroga* (obesity), *Asthibhanga* (bone fracture), *Vrana* (wound),

*Yauvanpidika* (acne), *Netraroga* (Eye diseases) and *Karnaroga* (ear diseases)

**Part used of Arjuna**<sup>[22-23]</sup> :Bark, Leaves and fruits

**Dose of Arjuna**<sup>[22-23]</sup> :

Bark powder; 3-6 gm

Bark decoction; 50-100 ml

For *kshirapaka*; 5-10 gm

**Table-3 Formulations of Arjuna**

Sr.	Formulations	References	Uses	Route	Type	Adhikar
1.	<i>Aamradihima</i>	BBRVol-1, Sh S	<i>Raktapitta</i>	I	<i>Hima</i>	(Not Specified)
2.	<i>Aaragwadhadi Kwath -I</i>	BBRVol-1, HS	<i>Dadru, Kushtha</i>	I	<i>Kwath</i>	(Not Specified)
3.	<i>Agnimukh tamram</i>	BBRVol-1, RR	<i>Amlapitta, Kshaya</i>	I	<i>Rasa</i>	<i>Amlapitta</i>
4.	<i>Amrutadi Kashaya</i>	BBRVol-1, GN	<i>Ajirna , Visharoga , Visuchika</i>	I	<i>Kwath</i>	<i>Agni-mandya-Ajirna</i>
5.	<i>Aravindasava</i>	AS, BR, BBRVol-1	<i>Agnimandya Agni-varadhak, Balavardhak, Balroga , Grahadosha</i>	I	<i>Arishta</i>	<i>Balroga</i>
6.	<i>Arjuna Ghrutam</i>	BR, BBR Vol-1	<i>Hridyaroga</i>	I	<i>Ghruta</i>	(Not Specified)
7.	<i>Arjunadi Kshiram</i>	BBRVol-1, YR	<i>Hridyaroga</i>	I	<i>Kshir</i>	<i>Hrid-yaroga</i>
8.	<i>Arjunadi Lepa</i>	BBRVol-1, HS	<i>Balroga, Twacharoga</i>	E	<i>Misra</i>	(Not Specified)
9.	<i>Arjunatwagadi Lepa</i>	BBRVol-1, BNR	<i>Vyanga</i>	E	<i>Misra</i>	(Not Specified)
10.	<i>Asanadi Yoga</i>	BBRVol-1, BP	<i>Madhumeha, Prameha</i>	I	<i>Misra</i>	<i>Prameha</i>
11.	<i>Ashwagandharishta</i>	BR, BBRVol-1	<i>Agnimandya, Apasmar, Arsha, Krushata, Murchcha, Shosh, Unmad, Vatavyadhi</i>	I	<i>Arishta</i>	(Not Specified)
12.	<i>Baladyam Ghrutam - I</i>	BR, BBRVol-3, YR	<i>Hridyaroga, Kasa, Kshatakshin, Rajayakshma, Raktapitta</i>	I	<i>Ghruta</i>	<i>Hrid-yaroga</i>
13.	<i>Bhujangadinas hak Dhoop</i>	BBRVol-3, VS	<i>Krumi , Visharoga</i>	I	<i>Misra</i>	<i>Krumi</i>

14.	<i>Chintamani Ras - 4</i>	BR, BBRVol-2	<i>Balavardhak, Hrid- yaroga, Kasa, Phupphus Roga, Prameha, Swasa</i>	I	<i>Rasa</i>	<i>Hrid- yaroga</i>
15.	<i>Chitrakadi Churnam - 7</i>	BBRVol-2, RR	<i>Halimak, Kamala, Pandu, Parinamshul, Shool</i>	I	<i>Churna</i>	<i>Shool</i>
16.	<i>Devdarvasava</i>	BR, BBRVol-3, GN, Sh S	<i>Arsha, Grahani, Mutrakruchcha, Prameha, Vatavyadhi</i>	I	<i>Asava</i>	<i>Prameha</i>
17.	<i>Dhananjay vati - 1</i>	BBRVol-3, YR	<i>Kasa</i>	I	<i>Gutika</i>	<i>Kasa</i>
18.	<i>Dhatakyadi Tailam - 1</i>	BBR Vol-3	<i>Sutikaroga</i>	E	<i>Taila</i>	<i>Striroga</i>
19.	<i>Dhavadi Kwath - 1</i>	BBRVol-3, HS	<i>Aamvikar, Shool , Visuchika</i>	I	<i>Kwath</i>	(Not Specified)
20.	<i>Dhavadi Kwath - 2</i>	BBRVol-3, HS	<i>Kasa</i>	I	<i>Kwath</i>	(Not Specified)
21.	<i>Dhavadi Kwath - 3</i>	BBRVol-3, HS	<i>Vrana</i>	E	<i>Kwath</i>	(Not Specified)
22.	<i>Dusparshadi-swaras prayoga</i>	BBRVol-3, VS	<i>Mutrakruchcha, Udavarta</i>	I	<i>Swarasa (Juice)</i>	<i>Udavarta</i>
23.	<i>Eladyarishta</i>	BR, BBRVol-1	<i>Bhagandar, Kasa, Masurika, Nadivrana, Pidika</i>	I	<i>Arishta</i>	(Not Specified)
24.	<i>Godhumadi Churnam -1</i>	BBRVol-2, BNR, YR	<i>Hridyaroga</i>	I	<i>Churna</i>	<i>Hrid- yaroga</i>
25.	<i>Godhumparth Churnam</i>	BBRVol-2, VM	<i>Hridyaroga</i>	I	<i>Churna</i>	<i>Hrid- yaroga</i>
26.	<i>Gokantkad-yavaleha</i>	BBRVol-2, BP, BNR, VS, YC	<i>Ashmari, Daha, Madhumeha, Mutraghat, Mutrakruchcha, Mutravikar, Prameha</i>	I	<i>Avaleha</i>	<i>Prameha</i>
27.	<i>Guduchi Tailam - 1</i>	BBRVol-2, Bhavprak sa, GN, VS	<i>Ardit, Atisweda, Kampa Vata, Kandu, Vatarakta, Vrana</i>	I	<i>Taila</i>	<i>Vatarakta</i>

28.	<i>Guggula Gutika</i>	BBRVol-2, GN	<i>Arsha, Bhagandar, Khalitya, Kushtha, Palitya, Pidika, Rasayan, Vrana</i>	I	<i>Guggula</i>	(Not Specified)
29.	<i>Hansabhairav Ras</i>	BBRVol-5	<i>Prameha</i>	I	<i>Rasa</i>	<i>Prameha</i>
30.	<i>Indra vati</i>	BBR Vol-1, RSS	<i>Madhumeha, Prameha</i>	I	<i>Gutika</i>	<i>Prameha</i>
31.	<i>Indushekhara Rasa</i>	BR, BBRVol-1	<i>Agnimandya, Alasak, Atisar, Balavardhak, Chardi, Garbhini Roga, Grahani, Jwara, Kasa, Swasa, Shirovedana</i>	I	<i>Rasa</i>	<i>Stiroga</i>
32.	<i>Jambudaladi-udvartanam</i>	BBRVol-2, YR	<i>Atisweda, Twacharoga</i>	E	<i>Churna</i>	(Not Specified)
33.	<i>Jambvadi Swaras - 1</i>	BBRVol-2	<i>Atisar</i>	I	<i>Swarasa (Juice)</i>	(Not Specified)
34.	<i>Jirakadi modak - 2</i>	BR, BBRVol-2	<i>Agnimandya, Am-lapitta, Aruchi, Atisar, Grahani, Pittaroga, Shool, Udar, Vishamjwara</i>	I	<i>Gutika</i>	<i>Grahani</i>
35.	<i>Kadalyadyam Ghrutam</i>	BR, BBRVol-1, YR	<i>Ashmari, Bahumutra, Mutraghat, Mutrak-ruchcha, Mutravikar, Prameha, Somaroga</i>	I	<i>Ghruta</i>	<i>Somaroga</i>
36.	<i>Kakubh Churnam</i>	BBRVol-1, YR	<i>Kasa, Kshaya, Rak-tapitta</i>	I	<i>Churna</i>	<i>Kasa</i>
37.	<i>Kakubh Leha</i>	BBRVol-1, BYT	<i>Kasa, Kshaya, Pit-tanashak</i>	I	<i>Avaleha</i>	<i>Kasa</i>
38.	<i>Kakubhadi Churnam</i>	BBRVol-1, BR	<i>Hridayaroga</i>	I	<i>Churna</i>	<i>Hrid-yaroga</i>
39.	<i>Kakubhadyam Churnam - 1</i>	BBRVol-1, BNR	<i>Kasa, Rajayakshma</i>	I	<i>Churna</i>	<i>Kshaya</i>
40.	<i>Kakubhadyam Churnam - 2</i>	BBRVol-1, YR	<i>Ayuardhak, Hrid-yaroga, Jirnajwara, Raktapitta</i>	I	<i>Churna</i>	<i>Hrid-yaroga</i>

41.	<i>Kakubhtwacha di Yoga</i>	BBRVol-1, VM	<i>Kasa, Rajayakshma</i>	I	<i>Misra</i>	<i>Rajayakshma</i>
42.	<i>Kandarp Ras</i>	BBRVol-1, BR	<i>Prameha</i>	I	<i>Rasa</i>	<i>Prameha</i>
43.	<i>Karanjadi-vamankashaya - 1</i>	BBRVol-1, GN	<i>Vamak, Visuchika</i>	I	<i>Kwath</i>	<i>Agni-mandya-Ajirna</i>
44.	<i>Karanjadi-vamankashaya - 2</i>	BBRVol-1, GN	<i>Vamak, Visuchika</i>	I	<i>Kwath</i>	<i>Agni-mandya-Ajirna</i>
45.	<i>Karanjadya Ghrutam</i>	BBRVol-1, BNR	<i>Daha, Upadansha, Vrana</i>	I	<i>Ghruta</i>	<i>Upadansha</i>
46.	<i>Kasisbadho Ras</i>	BBRVol-1, RRS	<i>Dadru, Kilas, Kushtha</i>	I	<i>Rasa</i>	(Not Specified)
47.	<i>Katabhyadi Yoga</i>	BBRVol-1, VS, VM	<i>Vrana</i>	E	<i>Churna</i>	<i>Vish</i>
48.	<i>Keshrajadi Kwath</i>	BBRVol-1, VS	<i>Atisar, Shool</i>	I	<i>Kwath</i>	<i>Atisar</i>
49.	<i>Ketakyadi Tailam</i>	BBRVol-1, VS	<i>Khalitya, Kshudraroga, Palitya</i>	E	<i>Taila</i>	<i>Kshudrarga</i>
50.	<i>Khadiradi Yoga - 2</i>	AH, BBRVol-1	<i>Dantaroga</i>	E	<i>Misra</i>	(Not Specified)
51.	<i>Khadiradyam Ghrutam</i>	BBRVol-1, VS	<i>Shohta</i>	I	<i>Ghruta</i>	<i>Balroga</i>
52.	<i>Khageshwar Ras</i>	BBRVol-1, RC	<i>Kasa, Prameha, Swasa, Shwitra</i>	I	<i>Rasa</i>	<i>Kushtha</i>
53.	<i>Kshar yog - 3</i>	BBRVol-5, BNR, HS, YC	<i>Agnimandya, Anaha, Arsha, Chardi, Daha, Hrudshool</i>	I	<i>Kshar</i>	<i>Shool</i>
54.	<i>Ksharagad</i>	BBRVol-5, SS	<i>Ajirna, Arsha, Aruchi, Ashmari, Grahani, Gulma, Kasa, Mukhpak, Swasa, Shool, Shohta, Udar, Visharoga</i>	I	<i>Misra</i>	(Not Specified)
55.	<i>Kshirvrukshadya Tailam</i>	BBRVol-5, SS, VS	<i>Jirnajwara</i>	E	<i>Taila</i>	<i>Jwara</i>
56.	<i>Kukubhadi Dhoop</i>	BBRVol-1, YR	<i>Krumi, Shiroroga</i>	I	<i>Churna</i>	<i>Krumi</i>



57.	<i>Laksha Guggula</i>	BR, BBRVol-4, BYT	<i>Bhagna , Shool</i>	I	<i>Guggula</i>	<i>Bhagna</i>
58.	<i>Lakshadi vati</i>	BBRVol-4, RC, <i>Rasa Raj Sundar</i> , RSS	<i>Visharoga</i>	I	<i>Gutika</i>	<i>Krumi</i>
59.	<i>Lakshadi yoga - 1</i>	BBRVol-4, BNR, VS, YR	<i>Raktapitta, Raktasrav</i>	I	<i>Churna</i>	<i>Raktapitta</i>
60.	<i>Lodhradi Kwath</i>	BBRVol-4, CS	<i>Prameha</i>	I	<i>Kwath</i>	<i>Prameha</i>
61.	<i>Loha Gutika - 1</i>	BBRVol-4	<i>Jwara</i>	I	<i>Gutika</i>	<i>Jwara</i>
62.	<i>Lutavishharo lepa</i>	BBRVol-4, YT	<i>Vrana</i>	E	<i>Misra</i>	(Not Specified)
63.	<i>Madhukadi kalk</i>	BBRVol-4, VS	<i>Raktapitta</i>	I	<i>Kalka(Paste)</i>	<i>Raktapitta</i>
64.	<i>Mahakashaya Tailam</i>	BBRVol-4, GN	<i>Vrana</i>	E	<i>Taila</i>	(Not Specified)
65.	<i>Mahanil Tailam -1</i>	BR, BBRVol-4, CD, DN, GN	<i>Netraroga, Palitya, Shiroroga</i>	I	<i>Taila</i>	<i>Kshudraro ga</i>
66.	<i>Mahanil Tailam -2</i>	RRS	<i>Palitya</i>	E	<i>Taila</i>	(Not Specified)
67.	<i>Mashakahar Dhoop</i>	BBRVol-4, VS	<i>Krumi</i>	I	<i>Misra</i>	<i>Krumi</i>
68.	<i>Mukhkantikara lepa (1-20 )</i>	BBRVol-4, RR	<i>Mukhdushika, Varnya, Vyanga</i>	E	<i>Misra</i>	<i>Kshudraro ga</i>
69.	<i>Nagabala Churnam</i>	BBRVol-3, CD, VM	<i>Balavardhak, Hrid-yaroga, Kasa, Rasayan,</i>	I	<i>Churna</i>	<i>Hrid-yaroga</i>
70.	<i>Nagarjunabhra Ras</i>	BBRVol-3, DN, RC, <i>Rasa RajSundar</i>	<i>Agnimandya , Am-lapitta , Arsha, Aruchi, Hridyaroga</i>	I	<i>Rasa</i>	<i>Hrid-yaroga</i>
71.	<i>Nili Tailam</i>	BBRVol-3	<i>Palitya</i>	E	<i>Taila</i>	(Not Specified)
72.	<i>Nilotpaladi Kwath - 1</i>	BBRVol-3, HS	<i>Prameha</i>	I	<i>Kwath</i>	(Not Specified)



73.	<i>Nimbadi-prayoga</i>	VS, VM	<i>Upadansha, Vrana</i>	E	<i>Misra</i>	<i>Upadansh</i>
74.	<i>Nyagrodhadi churna</i>	BNR, GN, HS	<i>Mutrakruchcha, Mutravikar, Prameha</i>	I	<i>Churna</i>	<i>Prameha</i>
75.	<i>Nyagrodhadi-gan</i>	AH, BBRVol-3, SS	<i>Daha, Medoroga, Raktapitta, Vrana</i>	I	<i>Kwath</i>	(Not Specified)
76.	<i>Nyagrodhadya m Ghrutam</i>	BR, BBRVol-3, DN	<i>Adhman, Amlapitta, Anaha, Daha, Yonirog</i>	I	<i>Ghruta</i>	<i>Striroga</i>
77.	<i>Padmotpaladi Lepa</i>	BBRVol-3, VS	<i>Upadansha</i>	E	<i>Misra</i>	<i>Upadansha</i>
78.	<i>Panchagni Churnam</i>	BBRVol-3, BNR	<i>Deepan</i>	I	<i>Churna</i>	<i>Agni-mandya-Ajirna</i>
79.	<i>Paribhadradi kshar</i>	BBRVol-3, GN	<i>Arsha, Pandu, Shotha</i>	I	<i>Kshar</i>	<i>Arsha</i>
80.	<i>Parthadyarishta</i>	BR, BBRVol-3	<i>Balavardhak, Hridayaroga, Phupphus Roga, Shukravardhak</i>	I	<i>Arishta</i>	<i>Hridayaroga</i>
81.	<i>Patoladi Kwath - 25</i>	BBRVol-3, VS	<i>Vrana Prakshalan</i>	E	<i>Kwath</i>	<i>Vrana</i>
82.	<i>Prabhakar vati</i>	BBR Vol-3, BR	<i>Hridayaroga</i>	I	<i>Gutika</i>	<i>Hridayaroga</i>
83.	<i>Pratimesh Ras</i>	BBR Vol-3, RRS	<i>Krumi, Kshudraroga</i>	I	<i>Rasa</i>	(Not Specified)
84.	<i>Pushyanug Churnam</i>	AH, BR, BBRVol-3, BNR, CD, CS, GN	<i>Atisar, Raktapradar, Striroga, Sutikaroga, Yonirog</i>	I	<i>Churna</i>	<i>Striroga</i>
85.	<i>Rasparpati - 3</i>	BBRVol-4, Rasa Prakash Sudharak	<i>Arsha, Grahani, Jwara, Kandu, Kapharog, Kushtha, Pama, Sannipat Jwara, Shool, Shotha, Sidhma, Vata-rakta</i>	I	<i>Rasa</i>	(Not Specified)
86.	<i>Rodhradi kwath - 2</i>	BBRVol-4, VM	<i>Prameha</i>	I	<i>Kwath</i>	<i>Prameha</i>

87.	<i>Rodhradi kwath - 3</i>	BBRVol-4, HS	<i>Gulma, Hridayaroga, Yakrutroga</i>	I	<i>Kwath</i>	(Not Specified)
88.	<i>Rohinyadi Ghrutam - 2</i>	BBRVol-4, BNR	<i>Balroga</i>	I	<i>Ghruta</i>	<i>Balroga</i>
89.	<i>Salsaradi-gan</i>	BBRVol-5, SS	<i>Kaphanashak, Kushtha, Medoroga, Pandu, Prameha</i>	I	<i>Kwath</i>	(Not Specified)
90.	<i>Samangadi kalk</i>	BBRVol-5, HS	<i>Raktapradar</i>	I	<i>Kalka (Paste)</i>	(Not Specified)
91.	<i>Sariwadi vati</i>	BR, BBRVol-5	<i>Apasmar, Arsha, Hrid-yaroga, Jirnajwara, Karnaroga, Kshaya, Madatyaya</i>	I	<i>Rasa</i>	<i>Karnaroga</i>
92.	<i>Sarjadi Ghurutam</i>	BBRVol-5, BYT, VS, YR	<i>Nasaroga</i>	I	<i>Ghruta</i>	<i>Nasaroga</i>
93.	<i>Saurashtrikadi kwath</i>	BBRVol-5, HS	<i>Yakrutroga</i>	I	<i>Kwath</i>	(Not Specified)
94.	<i>Shallakitwachadi yog</i>	BBRVol-5, GN	<i>Atisar</i>	I	<i>Churna</i>	<i>Atisar</i>
95.	<i>Shankar vati</i>	BR, BBRVol-5	<i>Aamvat, Grahani, Hridayaroga, Jirnajwara, Kasa, Phupphus Roga</i>	I	<i>Rasa</i>	<i>Hrid-yaroga</i>
96.	<i>Shankhpushpi Tailam</i>	BR, BBRVol-5	<i>Balroga, Medhavardhak, Varnya</i>	E	<i>Taila</i>	<i>Balroga</i>
97.	<i>Shirishadi Dhoop</i>	BBRVol-5, GN	<i>Grahadosha, Jwara</i>	I	<i>Misra</i>	<i>Jwara</i>
98.	<i>Shirishmuladi kalk</i>	GN	<i>Arsha, Atisar, Raktapitta</i>	I	<i>Kalka(Paste)</i>	<i>Arsha</i>
99.	<i>Shriparnyadyanjanam</i>	BBRVol-5, YR	<i>Netrabhishyandha</i>	E	<i>Misra</i>	<i>Netraroga</i>
100.	<i>Someshwaro Ras -1</i>	BR, BBRVol-5, DN	<i>Balavardhak, Bhagandar, Deepan, Gulma, Halimak, Kamala, Kandua, Kasa, Mutraghat, Somaroga</i>	I	<i>Rasa</i>	<i>Somaroga</i>
101.	<i>Somnath Ras -1</i>	BR, BBRVol-5, RC,	<i>Bahumutra, Pradar, Shool, Somaroga,</i>	I	<i>Rasa</i>	(Not Specified)

		<i>Rasa Raj Sundar</i>	<i>Yoniog</i>			
102.	<i>Tandavari Loham</i>	BBRVol-2	<i>Unmad</i>	I	<i>Rasa</i>	(Not Specified)
103.	<i>Trikantakadi Ghrutam</i>	CS,RR, VM	<i>Prameha</i>	I	<i>Ghruta</i>	<i>Prameha</i>
104.	<i>Trinetra Ras - 5</i>	BBRVol-2, YR	<i>Hridayaroga</i>	I	<i>Rasa</i>	<i>Hridayaroga</i>
105.	<i>Triphaladi Gutika - 1</i>	AH,BBRVo 1-2	<i>Galaroga, Kantharoga, Mukhroga, Mukhshosh</i>	I	<i>Gutika</i>	(Not Specified)
106.	<i>Triphalaloha - 1</i>	BBRVol-2, RR	<i>Jwara</i>	I	<i>Rasa</i>	<i>Jwara</i>
107.	<i>Udar-daprashaman Mahakashaya</i>	BBRVol-1, CS	<i>Udarda</i>	I	<i>Misra</i>	(Not Specified)
108.	<i>Umashambhu Ras</i>	BBRVol-1, RRS	<i>Prameha, Shosh, Trushna</i>	I	<i>Rasa</i>	(Not Specified)
109.	<i>Ushiradi Kashaya - 1</i>	BBRVol-1, CS	<i>Prameha</i>	I	<i>Kwath</i>	<i>Prameha</i>
110.	<i>Vajravallyadi Guggula</i>	BBRVol-4, RR	<i>Aamvat, Agnivardhak, Balavardhak, Bhagna, Granthi</i>	I	<i>Guggula</i>	<i>Bhagna</i>
111.	<i>Varadi Guggula</i>	BBRVol-4, BP	<i>Rakta-dosha, Upadansha, Vrana</i>	I	<i>Guggula</i>	<i>Upadansha</i>
112.	<i>Varunasava</i>	BBRVol-4, GN	<i>Aamvat, Adhman, Apatanak, Arbuda, Ardit, Aruchi, Ashmari, Bhagandar, Chardi, Granthi</i>	I	<i>Asava</i>	(Not Specified)
113.	<i>Vasadyam Ghrutam - 1</i>	BBR Vol-4, BNR, VS	<i>Rajyakshma, Shosh</i>	I	<i>Ghruta</i>	<i>Kshaya</i>
114.	<i>Vasukadilepa</i>	BBRVol-4, VS	<i>Vrana</i>	E	<i>Misra</i>	<i>Vrana</i>
115.	<i>Vatadyavaleha - 1</i>	BBRVol-4, HS	<i>Mukhroga, Raktapitta, Raktasrav</i>	I	<i>Avaleha</i>	(Not Specified)

116.	<i>Vataprarohadi lepa</i>	BBR Vol-4, RR, YR	<i>Upadansha, Vrana</i>	E	<i>Misra</i>	<i>Upadansha</i>
117.	<i>Vedvidya vati - 2</i>	BBR Vol-4	<i>Madhumeha</i>	I	<i>Gutika</i>	<i>Prameha</i>
118.	<i>Vidangadi Kwath - 1</i>	BR, BBR Vol-4, HS	<i>Prameha</i>	I	<i>Kwath</i>	<i>Prameha</i>
119.	<i>Virtarvadi Kwath</i>	BBR Vol-4, BNR, Sh S, YR	<i>Ashmari, Mutraghat, Mutrakruchcha, Mutrasharkara</i>	I	<i>Kwath</i>	<i>Mutrakruchcha</i>
120.	<i>Virtarwadi Tailam</i>	BBR Vol-4, BP, VS	<i>Ashmari, Mutrakruchcha, Mutrasharkara, Shool</i>	I	<i>Taila</i>	<i>Ashmari</i>
121.	<i>Vishweshwaro Ras - 5</i>	BR, BBR Vol-4	<i>Hridyarooga, Phuphus Roga</i>	I	<i>Rasa</i>	<i>Hridyarooga</i>
122.	<i>Vranahar Ras</i>	BBR Vol-4, Rasa Chandanshu	<i>Vrana</i>	I	<i>Rasa</i>	<i>Vrana</i>
123.	<i>Yashtyadi Ghrutam - 1</i>	BBR Vol-4, BNR, YR	<i>Hridyarooga, Jwara, Kasa, Swasa</i>	I	<i>Ghruta</i>	<i>Hridyarooga</i>
124.	<i>Yavasakadi-prakshalanam</i>	BBR Vol-4, GN	<i>Upadansha, Vrana</i>	E	<i>Kwath</i>	<i>Upadansha</i>
125.	<i>Yogarajasava</i>	BBR Vol-4, GN	<i>Deepan, Pittanashak</i>	I	<i>Asava</i>	(Not Specified)

CS–Charakasamhita,<sup>[24]</sup> SS–Sushrutasmhita,<sup>[25]</sup> HS–Haritasamhita,<sup>[26]</sup> Sh S Sharngadharasamhita,<sup>[27]</sup> BP–Bhavaprakasha,<sup>[28]</sup> CD–Chakradutta,<sup>[29]</sup> VS– Vangasena,<sup>[30]</sup> GN–Gadanigraha,<sup>[31]</sup> VM–Vrundamadhava,<sup>[32]</sup> RRS–Rasaratnasamuchchaya,<sup>[33]</sup> YR–Yogaratnakara,<sup>[34]</sup> Bhaishajyaratnavali,<sup>[35]</sup>

Bharatbhaishajyaratnakara,<sup>[36]</sup> BNR–Bruhannighanturatnakara,<sup>[37]</sup> RSS–Rasendra saar sangraha<sup>[38]</sup> Rasarajasundara,<sup>[39]</sup> RC–Rasa chintamani,<sup>[40]</sup> Rasaprakashsudhakar,<sup>[41]</sup> BYT–Bruhat Yoga Tarangini,<sup>[42]</sup> YC–Yoga chintamani,<sup>[43]</sup> DN–Dhanavantri Nighantu<sup>[44]</sup>

### DISCUSSION OF FORMULATIONS (TABLE-3):

It is observed that *Arjuna* has been used as an ingredient of 125 formulations comprising of 103 internal and 22 external formulations.

In external applications, the formulations are indicated for *Charmaroga* (diseases of

skin), *Striroga* (diseases of women), *Balaroga* (diseases of child), *Upadansha* (poisoning) etc.

Formulations indicated for internal administration disease condition like *Hridyarooga* (heart disease), *Raktapitta* (bleeding disorder), *Mutrakruchcha* (dysuria), *Prameha* (increased frequency of

urine), *Shula* (pain), *Striroga* (gynecological disorder), *Ashmari* (kidney stone), etc. Highest number of formulations was found in *Hridayaroga* (26), *Prameha* (23) & *Upadansha* (12) followed by *Agnimandhya-Ajirna* (4), *Striroga* (4), *Kasa*(3), *Raktapitta* (2), *Amlapitta* (1) etc.

#### CONCLUSION:

*Arjuna* (*Terminalia arjuna*) is found throughout India and its description can be traced since *Samhita* period. *Arjuna* is attributed with pharmacological properties i.e *kashaya rasa*; *katu vipaka* and *sheet virya*; and useful to combat various disease conditions such as *Hridayaroga*, *Prameha*, *Balaroga*, *Striroga*, *Kasa*, *Upadansha*, *Krumi*, *Kshudraroga* etc. It is used in more than 125 classical formulations, more than 11 dosage forms, used in about 20 diseased conditions, 22 external and 103 internally used. By this way the other scenario of *Arjuna* is observed in the review article. It clearly mentioned *Arjuna* is not used only in heart diseases but used in many disease conditions. The present review article will help and open the new limit for the research of *Arjuna* other than heart disease.

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**Corresponding Author:** Mehul Mehta, Head, Quality Control Laboratory, Indian Institute of Ayurvedic Pharmaceutical Sciences (I.I.A.P.S), Gujarat Ayurved University, Jamnagar, Gujarat, India. E-mail: mehul\_0016@yahoo.co.in

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