



Review Article

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REVIEW ON *TERMINALIA CHEBULA* W.S.R. TO ITS ANULOMAN EFFECT

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Abstract

Medicinal plants play important role in restoration of health of human society. Many natural plants have been utilized and investigated for their disease curing effect and *Terminalia chebula* is one of them. This plant belongs from family *Combretaceae* and possesses many therapeutic values. Traditionally *Terminalia chebula* recommended for pathological conditions like sore throat, asthma, diarrhea, dysentery, vomiting, ulcers, gout, heart problem and indigestion. It possesses *Anuloman* effect thus helps in gastric and digestive problems. The antioxidant, antimicrobial, hepatoprotective, antiproliferative, anti-inflammatory, cardioprotective, wound healing and digestive properties of plant provide therapeutic significance in common health issues. Considering these all facts present article summarizes some scientific aspect and medicinal properties of *Terminalia chebula*.

Keywords: *Terminalia chebula*, Diseases, Haritaki, Medicinal plants.

Introduction

Ayurveda is oldest stream of healing and health management. Many of people worlds widely utilize natural plant based herbal medicine for therapeutic purposes therefore traditional medicines established their places for primarily healthcare purpose. The discovery of modern medicine also depends upon scientific data available on herbal remedies and many synthetic as well as semi-synthetic derivatives of medicinal importance have been developed on the basis of investigational studies performed on natural medicines. There are many plants or herbs used naturally for therapeutic purposes and *Terminalia chebula* is one such natural medicine used for various therapeutic purposes [1-4].

The phytoconstituents present in plant considered responsible for their therapeutic profile. The fruit of the tree mainly employed for therapeutic properties, this plant exclusively used in all system of medicines including Ayurveda, Unani and Homoeopathic systems of medicine. The phytochemicals like terpenes, anthocyanins, polyphenols, flavonoids, glycosides and alkaloids, etc. offers diversified pharmacological response. Moreover specific chemical ingredients such as; ellagic acid, chebulin, chebulinic acid, tannic acid and gallic acid, etc. are identified as constituents of therapeutic importance. *Triphala* is traditional formulation contain *Terminalia chebula* as chief ingredient used for many diseases like diabetes, epilepsy, digestive problems and nervine disorder, etc [2-5]. **Table 1** presented taxonomical classification of *Terminalia chebula*.

Table 1: Taxonomical Classification of *Terminalia chebula*:

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

Ayurveda Property:

Rasa:	<i>Tikta, Amla, Katu,</i>
Guna:	<i>Laghu, Ruksha</i>
Veerya:	<i>Ushna</i>
Vipaka:	<i>Madhura</i>
Karma:	<i>Deepana, Rasayana, Anulomana</i>

Ayurveda mentioned *Haritaki* as *Anulomana* drug which possesses property to stimulate bowels evacuation. The *Anulomana* effect of *Haritaki* imparts mild laxative action, helps to achieve complete digestion and facilitate evacuation of fecal matter. This effect of *Haritaki* not only governs normal bowel evacuation but also eliminate fecal matter that adhered to intestinal walls and this elimination achieved in a way so that intestinal mucosa not gets damaged. This action accelerates normal digestion; eases evacuation by modifying consistency of fecal matter and reduces stickiness of feces thus facilitate easy elimination of bowel contents. It is also believed that *Haritaki* treat improper digestion thus reduces chances of accumulation of *Ama*. General properties of *Anulomana dravya* depicted in **Figure 1**.

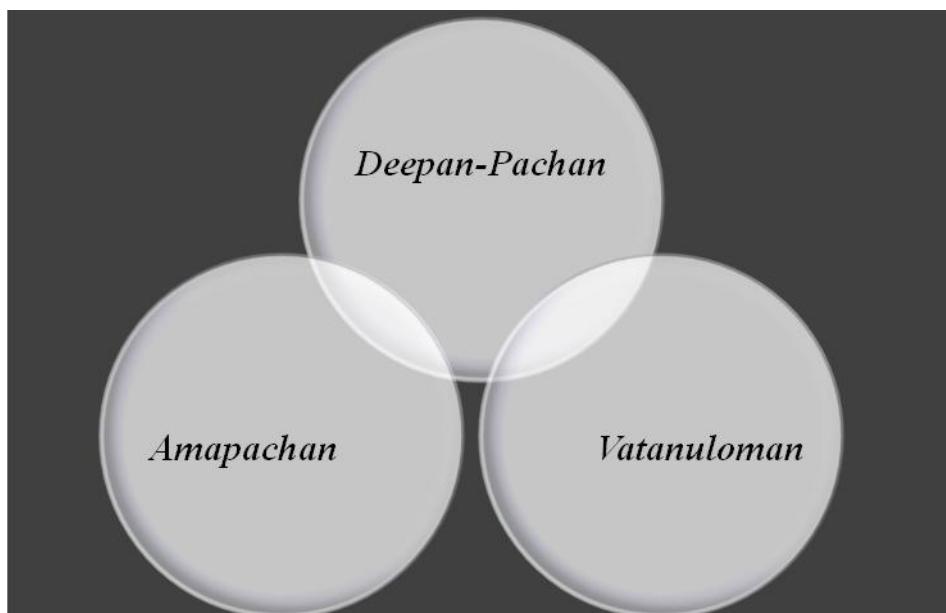


Figure 1: General properties of *Anulomana dravya*

Haritaki possess *Sangrahi* action thus adsorb water this will enhances fluidity of bowel content, moreover water absorption increase bulk pressure thus helps in bowel evacuation.

Haritaki improves intestinal motility, reduces interaction between *Mala* and intestinal mucosa and complete digestion process thus brings quick elimination of fecal matter.

Haritaki by virtue of its *Ruksha* and *Ushna Gunas* exerts local stimulating effect on gastric motility, helps in absorption of liquids contents and separate out fecal matter. It is believed that anthraquinones present in plant responsible for *Anulomana* effect. *T. chebula* possess *Vata* pacifying effect thus acts as anti-spasmodic and reduces spastic colon and intestinal cramps.

Haritaki is well known for its gut improving health effect therefore advised for conditions like esophagitis, diarrhoea, heartburn, flatulence, indigestion and constipation, etc. The carminative property of *Haritaki* helps in digestion, enhances digestive juices secretion, increases absorption of nutrients and helps to eliminate abdominal gas.

Haritaki improves cures *Udarshool*, pacify *Agnimandya* and control *Udarsparshasahatva* therefore considered useful remedy for intestinal problems. It swells after absorbing water therefore increases liquidity and quantity of stool thus stimulates peristalsis movement. The *Snigdha* and *Picchil* properties helps to reduces *Antrarukshata*, its antimicrobial action inhibits growth of intestinal protozoa, removes toxins from intestine and reduces *Paka* of *sleshmadharakala* [5-8].

Vatanuloman, Kaphaghna, Deepan-Pachan, Shoolhar, Amapachan, Anuloman and Krimighna, etc. properties of *Haritaki* relieve obstruction of *Annavaha* and *Pureeshvaha srotasas*. Pathologically it pacifies vitiation of *Kledakkapha* and *Apan Vayu* and facilitates defecation of stool without *Pravahanam* [6-9].

Probable Mode of Action:

Anulomana dravya digests *Apakva mala* due to its *Katu Rasa, Ushna Veerya* and *Katu Vipaka*. Moreover *Snigdha guna* of *Haritaki* softens and simplifies *Ativibandhita mala*, that after liquid or soft *Malas* get expelled out from the body. *Ushna Veerya* of *Anulomana Dravya* brings *Anuloma gati* of *Vata* thus normalizes movement of *Vata* and reduces consequences of *Pureeshavruta vata*. *Haritaki* normalizes *Viloma gati* and *Vridhita avastha* of *Vata*, improves gastrointestinal motility, imparts anti-ulcerogenic action, increase gastric emptying time, protect gastrointestinal mucosa and relives overall symptoms of indigestion and constipation.

Katu Rasa, Snigdha, Laghu & Ruksha Guna, Ushna Veerya and *Katu Vipaka* of plant facilitate complete digestion of *Ahara* and clears obstruction of *Annavaha srotas*. *Haritaki* helps to relives symptoms of *Pureeshavruta vata* such as; *Ativibandha, Bhojanottara Atopa* and *Parikartika*, etc.

Conclusion

Anulomana dravyas digests undigested *Mala* thus pacify vitiation of *Dosha*, *Dhatu* and *Mala*. *Haritaki* as *Anulomana dravya* helps in expulsion of *Mala*, it also relaxes anal sphincter during defecation thus not put pressure which may cause bleeding. *Anulomana karma* of *Haritaki* predominated with *Sara guna* relives ailments of *Annavaaha srotas*, due to its *Sara guna* it also acts as *Vatadi Mala Pravartaka*.

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