



VARIOUS HARITAKI COMPOUNDS IN AYURVEDA: A LITERATURE REVIEW.

Dr. Pramod Chaugale*

M.D. Samhita Assistant Professor, Dept. Of Samhita Siddhant L.R.P. Ayurved Medical College, Islampur, Sangli, Maharashtra, India.
*Corresponding Author

Dr. Mushraf R. Sayyad

Associate Professor, Dept. Of Kriya Sharir, L.R.P Ayurved Medical College, Islampur, Sangli, Maharashtra, India.

Dr. Amit Shedge

Associate Professor, Dept. Of Shalyatantra. L.R.P Ayurved Medical College, Islampur, Sangli, Maharashtra, India.

ABSTRACT

While treating the disease a single drug and combination of the drug is used. Haritaki is one of the famous drugs used to treat various diseases in Ayurveda either in single or in combination. Various types of combinations are seen in the literature of Ayurveda. So it is necessary to review the description available in the ayurvedic text books in relation to Haritaki. All the literature about Haritaki in combination must be collected at one place & use in Ayurveda practice. This article is focusing on various combination of Haritaki used in diseases.

KEYWORDS : Haritaki, Ayurveda**INTRODUCTION:**

Haritaki is an herb that has been used since ancient times. It is a longtime staple of the Ayurvedic practice. Ayurveda considers Haritaki to be one of the best herbs for balancing Vata Dosha. As a natural laxative and purgative, it removes undigested food and accumulated toxins from the gastrointestinal tract. It strengthens and nourishes the tissues and supports proper function of the colon, lungs, liver and spleen. Haritaki is traditionally used as a remedy for all Vata disturbances, including constipation, emaciation, flatulence and indigestion. Haritaki is highly revered in India, as it is believed to increase energy, intelligence and awareness. Called the 'King of Herbs,' Terminalia chebula, or Haritaki, is a centuries-old supplement used in traditional Ayurvedic medicine.

While Haritaki is so well known for its affinity for Vata, Haritaki is actually Tridoshik, meaning that it can help bring balance to all three Doshas. The Haritaki is also called as King of Medicine. In Ayurved Samhita Nidana & treatment of some diseases is mentioned under the other diseases due to genuine reasons. So it is necessary to find the reasons and learn this concept. A best example of this is Acharya Charka described Kamala disease Nidana and Chikitsa in Pandu Adhyaya. The reason for this is same Dosha predominance and in some extent treatment similarities. So according to this, same Nidana, same Dosha predominance, same Samprapti or Samprapti Ghatak or similar treatment principles etc are the reasons. The included disease is may be further progressive condition of previous disease. This implies that the disease concept is important during treatment of disease. So it is necessary to find them and collect them at one place. So it can be easy to understand and easy to learn and can be utilized easily. This article focusing the included disease concept mentioned in Ayurveda.

Objectives:

To understand the various Haritaki compounds mentioned in Ayurveda.

MATERIAL & METHODS:

Manual searching and collection.

Haritaki: In Charak Samhita

- i) Triphala
- ii) Panch & Shashta Haritakyadi Yog (Abhyamalakeeya Rasayan pad)
- iii) Gomutra Haritaki - Cha. Chi. 12

- iv) Dantee Haritaki - Gulma
- v) Kans Haritaki - Shotha
- vi) Agastya Haritaki - Kasa
- vii) Gomutra Haritaki - Pandu
- viii) Haritaki leha - Kshayaj Kasa
- ix) Agasti Haritaki leha - Kaphaj Hrudrog

Sushrut: Haritaki varnan (Description) (Su.su. 44)

- i) Haritaki - Santarpanakrut rog (Su.su.44)
- ii) Gudharitaki
- Sushrut Chikitsa 5 - Kaphapradhan Vatarakta
- Sushrut Chikitsa 6 - Arsha Chikitsa
- Sushrut Chikitsa 14 - Udar Chikitsa
- Sushrut Chikitsa 23 - Shopha Chikitsa

Vagbhata:

- i) Dashmul Haritaki - Shvaythu Chikitsa
- ii) Vashishthaharitaki - Kasa
- iii) Gomutra Haritaki - Arsha
- iv) Agsti Haritaki - Rasayan - Kasa chikitsa
- Vashishth Haritaki - Rasayan - Kasa Chikitsa

Harit -

Haritaki Kalp - Kalpsthana

Kashyap -

Agastya Haritaki - Vataj Halimak
Gud Haritaki - Pittaj Halimak
Kasa Haritaki - Shotha

Yog Ratnaakar:

- i) Bal Haritaki yog - Udarvart chikitsa
- ii) Chitrak Haritaki - Nasarog
- iii) Rutu Haritaki - Rasayan
- iv) Dashmul Haritaki - Shotha
- v) Amrut Haritaki - Ajeern

Bhav prakash:

- i) Rutu Haritaki
- Siudhuttha Sharkara Shunthee Kanaamadhugudai Kramat | Varshadishvabhaya Prashyaa Rasayan Guncishimaa |
- ii) Erandatail Haritaki - Aamavat
- iii) Madhupakva Haritaki - Vajeekaran

Bhaishjyaratnaavali:

Vyaghree Haritaki, Agasti Haritaki - Kasa
Haritaki Khand - Shula

Chittrak Haritaki – Nasaroga

Vangasen:

Ghrutbharjit Haritaki - Arsha
Madhu Haritaki - Rasayan
Vasishthaharitakiavaleh –Kaas

VrudhaNighantuRatnaakar:

i) Gomutra Haritaki - Pandu
ii) Bharjit Haritaki yog - Grahani
iii) Madhupakv Haritaki yog - Grahani

Other:

Abhrak Haritaki -(RRS)
Gud Haritaki - Gadnigraha
Haritakyaadi churna - Amlapitta, Shula
Vyagri Haritaki, Bhruvu Haritaki - Kasa

DISCUSSION:

In Charak Samhita description of Haritaki is as follows. Haritaki possesses 5 Rasas (tastes). It lacks only saline taste. It is hot, beneficial, carminative, light, appetizer, digestive, life-promoting, tonic, excellent sustainer of youthful age, alleviates all diseases and provides strength to all the sense organs. It alleviates leprosy (including skin disorders), Gulma, Udavarta, phthisis, anemia, narcosis, piles, disorders of Grahani, chronic intermittent fever, heart disease, head disease, diarrhea, anorexia, cough, Prameha, hardness of bowels, spleen enlargement, acute abdominal disorders, excessive secretion of mucus, hoarseness of voice, disorders of complexion, jaundice, helminthes, edema, bronchial asthma, vomiting, impotency, lassitude in organs, various obstructions in channels, plastering of heart and chest, impairment of memory and intellect in a short time.

The latin name of Haritaki i.e. Terminalia chebula Retz. and family is Combretaceae. Different commentators of Charaka like Chakrapani, has commented while describing the Rasayana, Haritaki is comes to first because it has curative and promotive both aspects. (CS. Ci. 1/29-37).

Haritaki (Terminalia chebula), Myrobalan Hardad, Chebulic Myrobalan and Ink Nut Abhaya and Pathya is called the "King of medicines" and is always listed first in the Ayurvedic materia medica because of its extraordinary powers of healing. In Ayurveda it is considered to destroy all diseases and eliminate all waste from the body. At the same time, it is known to promote tissue growth and health. Plants have played a critical role in maintaining human health and civilizing the quality of human life for thousands of years. The use of plants as Medicines is as old as human civilization.

Many of the existing medicinal system such as Ayurveda, Unani, Homeopathy, Naturopathy, Sidha and other alternative medicinal system have been utilizing plants as effective medicines to cure many harmful diseases (Prasad et al., 2011). The world health organization (WHO) has estimated that 80% of the earth's inhabitant relied on traditional medicine for their primary health care needs and most of these therapies involved the use of plant extract or their active compounds (Bruneton, 1995).

One compound of the Haritaki i.e. Triphala is very famous all over the world for its curative and Rasayan effect. Gandhrav Haritaki is another famous Yog to relieve constipation & for laxative action. The Kansa Haritaki is well known for respiratory disorders. Rutu Haritaki is mentioned by BhavPrakash used in all season. It means Haritaki is mentioned in all season with different Dravyas.

So it is necessary to take the knowledge of Haritaki compounds. This article is focusing on various forms of

Haritaki. In this way it is necessary to study in detail on this concept. It is useful to find various form of Haritaki also its usefulness in practice.

CONCLUSION:

According to literature and References Haritaki is useful for treating simple, chronic or complicated disease.

This article is adding knowledge regarding treatment of disease using Haritaki Compound in Ayurveda. It is useful for multiple choice questions in different Ayurvedic competitive exams.

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