

Haritaki – Uses & Benefits

Haritaki is also known as ‘Chebulic Myrobalan or Terminalia Chebulla.’



Haritaki is used to cure many diseases.

Highlights:

Parts used: Fruit

Tissues: Acts upon all tissues

Systems: Digestive, Respiratory, Excretory, Nervous

Properties: Rejuvenative, Digestive, Astringent, Laxative, nervine, expectorant, anthelmintic, antispasmodic

Description:

It is said that when the god Indra was drinking nectar in heaven, a drop fell to Earth and manifested as haritaki. Haritaki is regarded in Ayurvedic pharmacology as one of the best rejuvenative tonics for vata dosha.

Groups	Total cholesterol (mg/100ml)	Total triglycerides (mg/100ml)	Total protein (mg/100ml)	Total HDL (mg/100ml)
Group I (Normal)	150.0±13.3 ^a	41.58±0.08 ^b	4.31±0.06 ^b	40.31±1.85 ^b
Group II (Control) (Atherogenic diet only)	130.0±15.0	171.37±1.72	11.31±0.08	54.70±0.36
Group III (Atherogenic diet + Haritaki 1.05 mg/kg)	129.0±23.7 ^a	73.60±0.87 ^b	4.63±0.07 ^b	61.78±0.87 ^b
Group IV (Atherogenic diet + Haritaki 2.10 mg/kg)	120.1±20.0 ^a	25.12±0.73 ^b	4.32±0.06 ^b	86.31±0.27 ^b
Group V (Atherogenic diet Ayurslim 250 mg/kg)	58.43±17.50 ^a	43.42±0.43 ^b	6.42±0.08 ^b	17.35±0.38 ^b

Statistical significant in comparison to group III, IV with group II

p values ^a<0.05, ^b<0.001

Result for the experiment conducted on rats.

In one of the studies carried out by *Journal of Advanced Pharmaceutical Technology & Research* on rats showed that Haritaki helps decrease total cholesterol.

It strengthens the senses, nourishes the mind and nervous system, and promotes intelligence and longevity.

Haritaki is light and easy to digest, and contains five of the six tastes.

Its *prabhava* (special quality) is that it pacifies all three doshas and nourishes all bodily tissues, but it can provoke *pitta* when used in excess.

Its hot quality stimulates *agni* and aids in the removal of blockages of the bodily channels caused by ama accumulation.

Its astringency helps to tonify the GI tract, especially the colon, raise prolapsed organs, prevent and heal hemorrhoids, and prevent excessive bodily discharges in the case of urinary incontinence, leucorrhoea, and spermatorrhea.

It's commonly used to increase the digestion and absorption of vital nutrients, burn toxins, dispel flatus, and promote regular bowel movements and healthy and well formed stool.

It helps to cleanse and nourish *rasa dhatu* (plasma and lymphatic tissue), therefore enhancing the health and complexion of the top layer of the skin which is its superior byproduct.

Haritaki is a fairly dynamic and versatile herb. For example, it can aid in weight loss by burning excess *kapha* when used with hot, pungent herbs like ginger, black pepper, or *pippali*, or to gain weight by promoting good absorption of nutrients if combined with warming carminatives like *ajwan*, *ginger*, *nutmeg*, *cardamom*, and *tonic herbs like ashwagandha, vidari, or bala*.

It is one of the three herbs that make up the traditional compound triphala, along with its partners amalaki and bibhitaki.



Haritaki is one of the ingredients of Triphala.

Triphala can be used in much the same way as haritaki, but is more balanced and can be used by all body types and in most conditions where there is constipation or malabsorption.

When taken alone or in the triphala compound, it also helps to treat eye diseases and general weakness of vision.

For this, it can also be taken either with honey, in the form of *triphala ghee*, as an eyewash, or alone with hot water.

The traditional Ayurvedic preparation known as gandarva haritaki (haritaki fried in castor oil) is quite effective for constipation due to increased *vata*, characterized by dry and hard stool, as well as in (ama vata) rheumatoid arthritis.

This can be made at home by frying 4 parts of haritaki powder in 1 part castor oil in a cast iron skillet on a low heat until the herb is slightly browned.

It can be taken at bedtime in 1/2 to 1 tsp. doses with hot water.



Agastya Rasayana also contains Haritaki

Agastya rasayana is another famous tonic containing haritaki. It is used to treat a wide variety of respiratory complaints and digestive disorders, including bronchitis, asthma, tuberculosis, allergies, sinusitis, coughs, and constipation.

Unlike most rasayanas, which are given only after detoxification has taken place, *agasya rasayana* can be used even if there is ama present.

It helps to bolster and strengthen the body's own healing response against even serious diseases.

Caution:

- Pregnant women or lean individuals should use Haritaki in *limited or restricted* amount.
- Please avoid it during mental depression, fasting, vitiated pitta conditions and severe debility.