

THE AYURVEDIC PHARMACOPOEIA OF INDIA

PART- I VOLUME – I



GOVERNMENT OF INDIA
MINISTRY OF HEALTH AND FAMILY WELFARE
DEPARTMENT OF AYUSH

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31. Haritaki (Fr.)

HARĪTAKĪ

Harītakī consists of the pericarp of mature fruits of *Terminalia chebula* Retz. (Fam. Combretaceae), a moderate sized or large tree found throughout India, chiefly in deciduous forests and areas of light rainfall, but occasionally also in slightly moist forests, upto about 1500 m elevation, throughout India, flowers appear from April, August and fruits ripen from October-January.

SYNONYMS

Sanskrit	:	Abhayā, Kāyasthā, Śivā, Pathyā, Vijayā (Not Bhaṅgā)
Assamese	:	Shilikha
Bengali	:	Haritaki
English	:	Myrobalan
Gujrati	:	Hirido, Himaja, Pulo-harda
Hindi	:	Harre, Harad, Harar
Kannada	:	Alalekai
Kashmiri	:	Halela
Malayalam	:	Katukka
Marathi	:	Hirda, Haritaki, Harda, Hireda
Oriya	:	Harida
Punjabi	:	Halela, Harar
Tamil	:	Kadukkai
Telugu	:	Karaka, Karakkaya
Urdu	:	Halela

DESCRIPTION

a) Macroscopic

Intact fruit yellowish-brown, ovoid, 20-35 mm long, 13-25 mm wide, wrinkled and ribbed longitudinally, pericarp fibrous, 3-4 mm thick, non-adherent to the seed, taste, astringent.

b) Microscopic

Transverse section of pericarp shows epicarp consisting of one layer of epidermal cells inner tangential and upper portions of radial wall thick, mesocarp, 2-3 layers of collenchyma, followed by a broad zone of parenchyma in which fibres and sclereids in group and vascular bundles scattered, fibres with peg like out growth and simple pitted walls, sclereids of various shapes and sizes but mostly elongated, tannins and raphides in parenchyma, endocarp consists of thick-walled sclereids of various shapes and sizes, mostly elongated, epidermal surface view reveal polygonal cells, uniformly thick-walled, several of them divided into two by a thin septa, starch grains simple rounded or

oval in shape, measuring 2-7 μ in diameter, found in plenty in almost all cells of mesocarp.

Powder- Brownish in colour, under microscope shows a few fibres, vessels with simple pits and groups of sclereids.

IDENTITY, PURITY AND STRENGTH

Foreign matter	Not more than	1 per cent, Appendix	2.2.2.
Total Ash	Not more than	5 per cent, Appendix	2.2.3.
Acid-insoluble ash	Not more than	5 per cent, Appendix	2.2.4.
Alcohol-soluble extractive	Not less than	40 per cent, Appendix	2.2.6.
Water-soluble extractive	Not less than	60 per cent, Appendix	2.2.7.

CONSTITUENTS - Tannins, anthraquinones and polyphenolic compounds.

PROPERTIES AND ACTION

Rasa	:	Madhura, Amla, Kaṭu, Tikta, Kaṣāya
Guna	:	Laghu, Rūkṣa
Virya	:	Uṣṇa
Vipaka	:	Madhura
Karma	:	Cakṣuṣya, Dīpana, Hṛdya, Medhya, Sarvadoṣapraśamana, Raśayana, Anulomana

IMPORTANT FORMULATIONS - Triphalā Cūrṇa, Triphalādi Taila, Abhayāriṣṭa, Agastya Harītakī Rasāyana, Citraka Harītakī, Danti Harītakī, Daśamūla Harītakī, Brāhma Rasāyana, Abhayā Lavaṇa, Pathyādi Lepa

THERAPEUTIC USES - Śoṭha, Arśa, Aruci, Hṛdroga, Kāsa, Pāṇḍu, Prameha, Udāvarta, Vibandha, Jīrṇajvara, Viṣamajvara, Śīroroga, Tamaka Śvāsa, Gulma, Udararoga

DOSE - 3-6 g of the drug in powder form.