



***Terminalia arjuna* (Roxb.) Wight & Arn.**

**Family:** Combretaceae

**Common names:** Arjuna, Kumbuk.



**Description:**

*Terminalia arjuna* is a large evergreen tree with a spreading crown and drooping branches, common in most part of India. The *Arjuna* is usually found growing on river banks or near dry river beds in Bangladesh. Stems are generally buttressed and having grooves. leaves are sub-opposite, oblong, elliptic, coriaceous and usually 10- 15 cm long. Flowers are in panicle spikes. Fruits are 2.5- 5.0 cm long nearly glabrous, ovoid or ovoid- oblong, with 5- 7 hard winged angles.

**Utilization:**

The Arjuna plant is known as the “Guardian of the heart” because it has traditionally been used to treat heart disease for centuries. Arjuna is an excellent medicine for heart, it has the capability to even reverse heart failure (Bharani *et al.*, 1995; Dwivedi and Jauhari 1997). In Ayurveda, it is considered as a sacred plant. Its bark is boiled with milk and used as the ultimate remedy, for patients having fractured bone. The tonic helps to heal the bones at a faster rate. It is extensively planted in India for shades or ornaments in avenue or parks.

Part	Uses
Bark stem powder	Myocardial infarction, Hypocholesterolaemic, coronary artery disease.

**References:**

- Bharani A, Ganguly A, Bhargava K.D; (May 1995) "Salutary effect of *Terminalia Arjuna* in patients with severe refractory heart failure". International Journal of Cardiology 49 (3): 191–9.
- Dwivedi S, Jauhari R; (1997) "Beneficial effects of *Terminalia arjuna* in coronary artery disease". Indian Heart Journal 49 (5): 507–10.
- Gupta R, Singhal S, Goyle A, Sharma VN; (2001) Antioxidant and hypocholesterolaemic effects of *Terminalia arjuna* tree-bark powder: a randomised placebo-controlled trial. J Assoc Physicians India; 49 231-235. PMID: 11225136.