



***Terminalia chebula* Retz.**

Family: Combretaceae

Common names: Harad, Haritaki



Description:

Terminalia chebula is found in sub- Himalayan tracts from the Ravi eastwards to West Bengal and Assam, ascending an altitude of 1,500 m. It is a medium sized deciduous tree growing up to 15- 24 m tall, with a cylindrical bole and have spreading branches. Bark is dark brown, often longitudinally cracked and exfoliated in woody scales. Leaves are ovate or elliptic with a pair of large gland at the top of petiole. Flowers are yellowish white in terminal spikes. Drupes are ellipsoidal, obovoid or ovoid, yellow to orange brown, sometime tinged with red or black colour. Seeds are pale yellow in colour and are hard.

Utilization:

This tree yields small, ribbed and nut-like fruits which are picked when still green and then pickled. It has been widely used in Ayurveda for the treatment of diabetes. Some people used this plant to cure asthma, sore throat, vomiting, hiccough, diarrhoea, dysentery, bleeding piles, ulcers, gout, heart and bladder diseases (Bag *et.al.*,2013). Harad is also a major ingredient of Triphla churn. This Triphla churn used to lower cholesterol and to prevent death of heart tissue. It also improves digestion and enhances appetite.

Part	Uses
Fruit	treatment of asthma, sore throat, vomiting, hiccough

References:

Bag A, Bhattacharyya S. K and Chattopadhyay R. R; (2013). The development of *Terminalia chebula* Retz.(Combretaceae) in clinical research. Asian Pacific Journal of tropical biomedicine, 3(3), 244-252.