

## TERMINALIA ARJUNA



Kingdom: Plantae  
Phylum: Tracheophyta  
Class: Magnoliopsida  
Order: Myrtales  
Family: Combretaceae  
Genus: Terminalia  
Species: Terminalia arjuna

*Terminalia arjuna*, commonly known as Arjuna tree or Arjun's bark, is a large, deciduous tree native to India and found throughout the plains of the subcontinent. It has a long history of use in Ayurveda, the traditional Indian system of medicine.

### USES

The bark of the Arjuna tree is the primary part used for medicinal purposes. It is dried and powdered for consumption or used in decoctions. Here are some of its traditional uses in India:

**Heart Health:** Arjuna is considered a cardio protective herb in Ayurveda and is believed to strengthen the heart muscles, improve circulation, and regulate blood pressure.

**Healing:** Arjun bark is used to promote healing of ulcers and wounds.

**Diarrhoea and Dysentery:** It may be used to treat diarrhoea and dysentery due to its astringent properties.

### ADDITIONAL INFORMATION

*Terminalia arjuna* is a fast-growing tree and can reach heights of up to 30 meters (98 feet) with a wide-spreading canopy. The bark is grayish-white to light brown, smooth on young trees, and becoming rough and flaky with age. The leaves are oblong to elliptic, glossy green on top, and paler greenish-yellow underneath. The flowers are small, yellow-white, and clustered in spikes. The fruit is a small, winged nut-like structure.