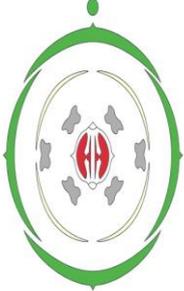


Official Name:-	हरीतकी
English Name	Haritaki
Botanical Name :-.	<i>Terminalia chebula</i>
Family :-	Combretaceae
Taxonomical Classification	<p>Kingdom: Plantae (Plant Kingdom)</p> <p>Subkingdom: Viridiplantae (Green Plants)</p> <p>Division: Magnoliophyta (Flowering Plants)</p> <p>Super Division: Spermatophyta (Seed Plants)</p> <p>Class: Magnoliopsida</p> <p>Order: Myrtales</p> <p>Family: Combretaceae</p> <p>Genus: Terminalia</p> <p>Species: Terminalia chebula (Haritaki)</p> <p>Species - chebula</p>
Synonyms:-	हरीतकी, हरड, हरे, अभया , विजय, कायस्थ
Habitat :-	Native to Indian subcontinent, Southeast Asia and China. It is commonly found in the wild in India, Sri Lanka, Nepal, Bhutan, Bangladesh and parts of Southeast Asia

Botanical Identification	Habit		It is slow-growing, deciduous tree that sheds its leaves seasonally	
	Root		Taproot system with deep & extensive roots	
	Stem/Bark		Exfoliating bark with a straight cylindrical stem . .	
	Leaves	Phyllotaxy	Opposite, Decussate	
		Simple/Compound	Simple	
		Lamina	Elliptical or ovate	
		Texture	Coriaceous (leathery )	
		Tip	Acute	
		Base	Cuneate	
		Margins	Entire	
Venation		Reticulate		
Petiole	Short, and stout			
Inflorescence		Spike, terminal spike		
Flower		Small, yellowish-white and bisexual		

	Floral formula/ Diagram			<p>FLORAL FORMULA</p>  <p><math>\oplus \text{♂} K_{2+2} C_4 A_{2+4} G_{(2)}</math></p>
	Fruit		Drupe	
Types:-			<p><b>There are 7 types of Haritaki:</b></p> <ol style="list-style-type: none"> <li>1. Vijaya</li> <li>2. Rohini</li> <li>3. Putana</li> <li>4. Amrita</li> <li>5. Abhaya</li> <li>6. Jivanti</li> </ol> <p><b>Chetaki</b></p>	
Rasapanchaka:-			<p>रस:- तिक्त, कषाय</p> <p>गणु :- लघु, रुक्ष</p> <p>वीर्य:- शीत</p> <p>विपाक:- मधुर</p> <p>प्रभाव:- पाचन</p>	
Chemical Constituents:-			<p>Haritaki (<i>Terminalia chebula</i>) contains a variety of bioactive compounds, including:</p> <p>Tannins (30-40%): Chebulagic acid, chebulinic acid, corilagin, and ellagic acid.</p> <p>Flavonoids: Quercetin, kaempferol, and rutin.</p> <p>Phenolic acids: Gallic acid, ferulic acid, and cinnamic acid.</p> <p>Glycosides: Chebuloside, arjunglucoside, and terminoside.</p>	

	Alkaloids: Chebunanine and chebulinine. Saponins: Terchebin and chebulic acid. Terpenoids: Chebulone and beta- sitosterol.
Market information:-	Herbal oil: Haritaki can be infused into oils, known as thylam, which can be used on the skin, nails, hair, and even in food.  Paste: Haritaki paste is available, which can be used to treat various ailments.  Jam-like preparation: A jam-like preparation made with Haritaki, ghee, or sugar syrup is also available in the market.  In terms of pricing, Haritaki products can vary depending on the brand, quality, and location. However, as a rough estimate, Haritaki powder can cost anywhere from ₹50 to ₹200 per kilogram, depending on the quality and brand 1
Adulteration/Substitution:-)	Adulteration through fruit of Bheda and bark of Arjuna
Cultivation:-	Haritaki seeds are collected from mature fruits and shown in nurseries and directly in fields . It can grow in variety of soil including clay,loan, sand . It prefers slightly acidic to natural ph (5.57.5)
Flowering season:-	During April and june
Harvesting:-	During October and December
Present Status- Endangered/ Not concerned/Extinct	Not concerned
Conservation method:-	
Main Uses:-	(1 ) Ajirna (2) Prameha (3)Amlapitta (4) Upadansa
Part used:-	Fruit
Dose	Medicinal Dose:- powder:- 3-6g per day Decoction :- 500-100ml per day Capsule:- 1-2 capsule per day Oil – 5-10 drop per day
	Toxic Dose:- Above 50-60 mg per day
	Fatal Dose:-
Toxicity (if any) toxic constituent -	Gastric lavage ,Activate charcoal
Antidote or treatment (if any)-	Ayurveda – Shodhana bhavana, Svedana Modern- Cleaning, filtration, drying.
Purification (if any)	Nil

Formulations:-	Formulations हरीतकी खंड दिव्य गोमूत्र	Rogadhikara विरेचक, कफहर, वातहर	Reference च/चि/29-34 भा.प्र. , हरीतक्यादिवर्ग 6-7 सु/सू/46 अ.ह./सू/6
Special information (if any)			