

## A Magical Herb for the Heart

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**A**rjuna tree, found in the sub-Himalayan regions, Bengal, the Deccan plains and in Myanmar (Burma) and Sri Lanka, grows in marshy belts. An extract from its bark is considered to be a heart tonic.

The **Rg Veda** and the **Atharva Veda** say that *ayurvedic* physicians in India used the bark of the tree in heart ailments. Its botanical name is *Terminalia Arjuna*. Sanskrit treatises call it *Nadisarjja*.

### **Ayurvedic Uses**

Vagabhatta, the famous Ayurvedic physician, was the first to record its use in heart diseases. Charakadatta has described it as a tonic and as an astringent.

It is also considered useful to arrest bleeding and in urinary infections and to dissolve urinary calculi.

Other rare uses include healing fractures and contusions, diarrhoea and dysentery. An ointment made out of the bark and honey is useful in acne cases. The juice of fresh leaves has been found useful in ear ache. Ashes of the bark relieve pain

in scorpion stings and a decoction of the herb heals chronic non-healing ulcers. The powder of the bark is even considered to have aphrodisiac properties, if taken with milk over a long period of time.

Unfortunately this remedy has not been well proved and there is not much data about its efficacy.

### **Homeopathic Uses**

Homeopathic research reveals that the bark contains large quantities of calcium, some magnesium, aluminum, an astringent, and a compound Arjuninine, Arjunetin, essential oils and colouring matter. Opinions by the allopaths about the efficacy of this herb are, however, not very encouraging.

*Ayurvedic* physicians have been using it in all sorts of heart diseases and claim marked success in angina, palpitations and valve diseases. This drug needs a lot more methodical research.

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