

Arjun

- **Botanical Name:** *Terminalia arjuna* (Roxb.) Wight & Arn.
- **Family:** Combretaceae
- **Synonyms:** Partha, Nadisarja, Kakubha, Dhavala, Indradru
- **Vernacular Name:** Commonly known as "Arjuna" in English, "Arjun" in Hindi, and "Maruthu" in Tamil.
- **Classification:** A large deciduous tree belonging to the Combretaceae family.
- **Habitat:** Native to the Indian subcontinent, it thrives along riverbanks and in moist, well-drained soils. It is found in tropical and subtropical regions, including India, Sri Lanka, and Bangladesh.
- **Morphology:** A tall tree, growing up to 20–25 meters, with a buttressed trunk and a wide canopy. It has smooth, grey bark, conical leaves that are green on top and brown underneath, and pale yellow flowers that bloom between March and June. The fruits are fibrous, woody, and divided into five wings.
- **Useful Parts:** Bark (primarily), leaves, fruits, and seeds.
- **Chemical Composition:** Contains arjunic acid, tannins, flavonoids, glycosides, saponins, and minerals like calcium and magnesium. The bark is rich in antioxidants and bioactive compounds like arjunetin and arjunolic acid.
- **Pharmacological Action:** Known for its cardioprotective, antioxidant, anti-inflammatory, antimicrobial, and hepatoprotective properties. It is widely used in treating heart diseases, hypertension, and respiratory disorders.
- **Formulation:** Used in Ayurvedic preparations like Arjunarishta, Arjuna Ksheerapaka, and herbal powders for cardiovascular health.

Rasa: Kashaya

Guna: Laghu , Ruksha

Virya: Sheeta

Vipaka: Katu