

# Harad

- **Botanical Name:** Terminalia chebula Retz.
- **Family:** Combretaceae
- **Synonyms:** Haritaki, Abhaya, Pathya, Kayastha, Amrita, Vijaya
- **Vernacular Name:** Commonly known as "Harad" or "Black Myrobalan" in English, "Haritaki" in Hindi, and "Kadukkai" in Tamil.
- **Classification:** A deciduous tree belonging to the Combretaceae family.
- **Habitat:** Found in tropical and subtropical regions, especially in India, Nepal, Sri Lanka, and Southeast Asia. It grows in forests and hilly areas up to an altitude of 5000 feet.
- **Morphology:** A medium-sized tree, 15–20 meters tall, with dark brown bark and ovate leaves. The flowers are small, yellowish-white, and grow in clusters. The fruits are oval, hard, and ribbed, turning yellowish-brown when ripe.
- **Useful Parts:** Fruits (primarily), bark, and leaves.
- **Chemical Composition:** Contains tannins (chebulagic acid, chebulinic acid), gallic acid, ellagic acid, flavonoids, amino acids, and essential oils.
- **Pharmacological Action:** Known for its rejuvenative, laxative, digestive, anti-inflammatory, antioxidant, and antimicrobial properties. It is used in treating digestive disorders, skin diseases, and respiratory issues.
- **Formulation:** Used in Ayurvedic preparations like Triphala Churna, Abhayarishta, and Haritaki Avaleha.

**Rasa:** Panchras (lavan rahit)

**Guna:** Ruksha , Laghu

**Virya:** Ushna

**Vipaka:** Madhura