



INTERNATIONAL RESEARCH JOURNAL OF HUMANITIES AND INTERDISCIPLINARY STUDIES

(Peer-reviewed, Refereed, Indexed & Open Access Journal)

DOI : 03.2021-11278686

ISSN : 2582-8568

IMPACT FACTOR : 6.865 (SJIF 2023)

***Arjuna* – an herbal drug of present era and its different medicinal formulations, a review**

Dr. Santosh Tukaram Nagre

Professor,

M.D. Rasashastra and BK, RS & BK Dept.,
RJS Ayurved Medical College and Research
Center, Kokamthan, Tal. Kopargaon,
Dist. Ahmednagar (Maharashtra, India)

Dr. Parag Sharad Patani

Professor,

M.D. Dravyaguna Vignana, Dravyaguna Dept.,
RJS Ayurved Medical College and Research
Center, Kokamthan, Tal. Kopargaon,
Dist. Ahmednagar (Maharashtra, India)

DOI No. **03.2021-11278686** DOI Link :: <https://doi-ds.org/doi/10.24327/IRJHIS2304006>

Abstract:

There are number of herbs and medicinal plants mentioned in old classics of Ayurveda. Arjuna is one of them. In spite of having a proven potent cardio protective property in stem bark, it also exhibits other beneficial properties owing to its various bioactivities. Both modern as well as ancient sciences like Ayurveda had studied this herb in its depth. Here an attempt is made to elaborate its clinical utility according to both the science faculties. It has vast number of applications and not merely helpful in cardiac ailments. Its various forms like Arjuna Churna, Kwath, Ksheer Paka, Kalpa, Arjunarishta etc are studied for its vivid applications.

Keywords: *Arjuna Churna, Kwath, Ksheer Paka, Kalpa, Arjunarishta*

Introduction:

Terminalia arjuna is one of the famous herb mentioned in Ayurveda classics which is used for heart care. Other than heart care, it is also used in diabetic conditions, skin health, hair health, *Vajikarana, Medoroga, disorderd of Asthi Dhatu, Raktaj Vikara kshataetc*. In all the above mentioned ailments and other diseases also, different form of *Arjuna* are been used. Acharya were well versed with the pharmacognosy of *Arjuna*, they knew the differential extraction for its useful component meant for particular disease. A through study is undertaken to illuminate the clinical utility of the same.

Arjuna -

Latin name – Terminalia arjuna

Rasa – Kashaya

Virya – Sheet

Vipaka – Katu

Prabhava- Hrudya

Parts used – bark (*Twak*)

Guna –

ककुभःशीतलोहृद्यःक्षतक्षयविषास्त्रजित् |

मेदोमेहव्रणान्हन्तितुवरःकफपित्तहृत् | |

- *Bhavaprakasha*

पार्थःपथ्यःक्षतेभग्नेरक्तस्तंभनकृच्छयोः |

- *Rajvallabha*

Acharya Charaka had categorized this drug under *Udarda Prashamana Mahakashaya*, in *Kashaya Skanda* and for *Dantadhavana*. *Acharya Sushruta* had categorized it under *Nyagrodhadi Gan* and *Salasaradi Gan*. While *Acharya Vagbhata* had categorized it under *Virtarvadi Gan* and *Salasaradi Gan*. It can be used as a single herb for the treatment or along with other drugs in a formulation.

The form of the herb used along with its mode of action in particular disease can be briefed as follows;

Arjuna churna =

It is made up of stem of the *Terminalia Arjuna* plant. It forms the base to many other *Kalpana* to be made out of the raw drug. But here it can be used in *Churna* form also. It can be used locally in form of *Lepa* for smoothening of skin and other skin disorders. Can be ingested in dose of 2-5 grams along with appropriate *Anupana* in *Yakrut Vikara*, *Twak Vikara*, *Vrana*, *Raktapitta*, *Kshaya*, lipid imbalance and cardiac disorders. Local application as *Raktastmbhak* along with *Haridra* after *Jalaukacharan* as per *Vrudh Vaidya Parampara*.

Kwath Kalpana –

Decoction of *Arjuna Twak* is prepared and used freshly in number of disorders. One part of *Arjuna Twak* coarse powder is boiled in 16 parts of water till 1/4th is remaining, then it is filtered to obtain *Kwath*. It can be used in the dose of 60 – 100 ml in divided doses along with appropriate *Anupana*. It can be given in *Pittaj Vikara* or hyperacidity along with *Sita*. Owing to its *Kashaya Rasa* and wound healing property, it can be given in ulcer conditions of GIT. It can be given along with other drugs in symptomatic relief in hypertension. It can also be used with *Anupana* of honey in *Medoroga*. For *Stambhana* in bleeding disorders. Also it is used for *Yonidhavan* in *Shwetpradara* or *Yonistrav* and *Kandu* along with *Triphala*, *Yashti* and *Darvi kwath* as per *Vrudh Vaidya Parampara*.

Arjuna Ghan –

Acharya Sharangdhar had mentioned the procedure to make *Ghan*. It is termed as *Rasakriya*. The *Kwath* of respective raw drug is prepared as mentioned, and then this *Kwath* after filtration is again subjected to heat. Continuous stirring of the *Kwath* with application of heat results in thick consistency of the medicine and then it is rolled into pills to get *Ghan Vati*. Thus prepared *Arjuna Ghan* is *Rasayana* in quality and can be used in conditions like hypertension, *Bhagna*, *Vrana*, *Raktapitta*, *Vajikarana*, *Kshaya*, *Kshata* etc. *Acharya Sushruta* had mentioned the treatment of *Dhwajbhanaga* (Erectile dysfunction) is to be done according to *Vrana Chikitsa*, and in it *Arjuna* can be used.

Arjuna Ksheer Paka –

Acharya Sharangdhara had mentioned the special procedure of *Ksheer Paka* which is *Upakalpana* of *Kwath* and milk is used as intermediate to prepare it. Here three different procedures are mentioned in various Ayurveda classics, these are;

a) Sharangdhara Samhita –

Arjuna Twak - one part
Cow milk - 8 parts
Water - 32 parts

Above mentioned ingredients are taken in prescribed quantity and is subjected to mild heat. The heat is given till the milk part is remaining. Then it is filtered immediately and is given as medicine freshly.

b) Acharya Vagbhata –

Arjuna Kwath is prepared as mentioned by *Sharangdhara Samhita*. Then equal quantity of *Kwath* and cow milk is subjected to heat. The heat is given till the milk part is remaining. Thus we get *Arjuna Ksheer Paka*.

c) Acharya Yadavji Trikamji -

In his text of *Siddha Aushadhi Samgraha*, *Acharya* had mentioned the procedure to prepare *Arjuna Ksheer Paka*.

Arjuna Twak- one part
Cow milk - 15 parts
Water - 15 parts

Above mentioned ingredients are taken in prescribed quantity and subjected to heat. The milk part is then filtered and used in various disorders.

Here the medium of drug preparation is taken as milk. If we go through the chemistry of milk, it is a heterogeneous mixture in which fat, proteins and other complex components are emulsified in globules to form a colloid. The fat soluble active principles as well as water soluble

active principles are been extracted by this procedure and thus we can get the desired medicinal properties in final formulation. This formulation is cardio protective and cardio tonic in angina and poor coronary circulation. It can be used in cirrhosis of liver.

Arjunarishta –

It is mentioned in *Bhaishajyaratnavali Hrudrog Adhikara*.

हृत्फुफुसगदान्सर्वान्हन्तयंबलमोजकृत् |

With highest percentage of *Arjuna*, the formulation *Arjunarishta* has other ingredients namely, *Madhuka*, *Draksha*, *Dhatki* and jiggery. *Arjunarishta* contains many phytochemicals that function as antioxidants. Phytochemicals like flavonoids, glycosides, phenolic acids, and triterpenoids show antioxidant effects and free radical scavenging ability. This free radical scavenging activity may effectively prevent liver and kidney damage. It can be used in *Kshata*, *Ksheen* disorders, i.e. diseases related to lungs and respiratory system. It is primarily indicated in mild to moderate hypertension which may be primary or secondary. *Arjunarishta* can also be taken as a *Rasayana* for maintaining health of *Saptadhatu* and *Oja*.

Inference –

Few of the prime *Kalpana* and formulations are been discussed owing to the differential use of *Arjuna* in various health ailments. Apart from it there are many other formulations where *Arjuna* is been used and this medicines are in vogue. *Prabhakar Vati*, *Pushyanug Churna*, *Ayaskriti* are few of them which has wide clinical utility. This highlights the present day importance of *Arjuna* and gives us new insight for it effective clinical application in various health conditions.

References -

1. Vagbhata, Ashtang Hrudaya, edited by Dr. Bramhanand Tripathi, Chaukhamba Sanskrit Prakashan, Delhi, reprint 2009.
2. Acharya Charaka, Charak Samhita, edited by Dr. Brahmanand Tripathi, Chaukhamba Surbharti Prakashan, Varanasi, Vol. 1, reprint 2009.
3. Acharya Shushruta, Shushrut Samhita, Edited by Dr. Anant ram Sharma, Chaukhamba Surbharati Prakashan Varanasi, Vol I,II,III, reprint 2010.
4. C.P. Khare, Indian Medicinal Plants, Springer Science international, second reprint 2008.
5. Shree Bapalal G.Vaidya, Nighantu Adarsa, Chaukhambha Bharti Academy, Vol.I, II, reprint 2007.
6. Pandit Sharangdhar, Sharangdhar Samhita, edited by Dr. Bramhanand Tripathi, Chaukhamba Surbharati Prakashana Varanasi, reprint 2008
7. Dwivedi, S., & Chopra, D. (2014). Revisiting Terminalia arjuna - An Ancient Cardiovascular Drug. *Journal of traditional and complementary medicine*, 4(4), 224–231. <https://doi.org/10.4103/2225-4110.139103>