International Journal of Pharmaceutical Research and Applications
Volume 7, Issue 3 May-June 2022, pp: 45-52www.ijprajournal.com ISSN: 2456-4494

A Comprehensive Review ofHaritaki(*Terminaliachebula*Retz.)and RituHaritaki W.S.R. To Ayurveda and Modern Pharmacological Perspective

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Submitted: 01-05-2022 Accepted: 09-05-2022

ABSTRACT:
Haritaki or Harad is one of the important as well as commonest & easily available herbs used by Ayurveda system of Medicine. Acharya Charakaspecifically stated that 'Haritakipathyanam' meansHaritakias best among the herbs to be used regularly. About the origin of Haritaki, it is told that when Lord Indra was consuming divine nectar few drops fell on ground & due to its divine origin grew the seven types of Haritaki. According to Acharya Charka except the Lavana Rasa,Haritaki has all five Rasas, hot in potency, good for general health. In Chikitsasthana first chapter of Rasayana pada is given the name Abhayaamalakirasayana padaandHaritakiitself and a lot of yogas (preparations) of it are depicted here in whole Rasayana pada. It shows that it is also a best Rasayana. For healthy life we should use Haritaki regularly.It cures different diseases with different Anupanadravyas. Owing to its gunas by Acharya "Bhavprakash",Haritaki is indicated as per Ritu (season) with differentAnupanadravyas called as "RituHaritaki".

KEYWORDS: Review, Terminaliachebula,Haritaki,RituHaritaki, Pharmacological perspective.

I. INTRODUCTION:

Ayurveda has mentioned almost each and every aspect of life of an individual like personal, social, as well as global conditions, also suggested best probable solutions for every aspect of life. It helps us to relieves most of the problems related to our health, small changes in lifestyle and few simple medications if required. Even this Immortal science has focused on preventive aspect before starting with curative aspect as almost all the Samhitas of Ayurveda starts with Sutrasthana elaborating the preventive aspect present in it. This is enough to emphasise the passion of the science to remain healthy. Hence to work on this topic with the prospective of preventive angle as well as curative angle was also desired and it seemed possible after overlooking the herbs like Haritaki& especially RituHaritaki which was mentioned in Ayurveda under the most versatile part named asRasayana.

There are seven types of Haritaki described in Ayurveda, names are Vijaya, Rohini, Putana, Amrita, Abhaya, Jivanti and Chetaki. They all have different therapeutic effects like Amrita is used in purgation, Abhaya in ophthalmic disorders, Rohini for healing ulcers, Putana for topical application, Vijaya and Jivanti can be used in all type of diseased condition and Chetaki is a type of Haritaki which are highly effective for purgation, if any person only passes by the shade of the tree, theirpurgationstarts immediately. In the text of Charaka Samhita, clearly mentioned about food which is regularly used by person in his daily routine, there are Haritaki is the one of these foods which should be taken regularly. So, in this article there is a comprehensive reviewofHaritaki and RituHaritakiin the perspective of Ayurveda and Modern science.

Haritaki consists of the pericarp of mature fruits of *Terminalia chebula* Retz. (Fam. Combretaceae),a moderate sized or large tree found throughout India, chiefly in deciduous forests and areas of lightrainfall, but occasionally also in slightly moist forests, upto about 1500 m elevation, throughoutIndia, flowersappearfrom April, Augustandfruits ripenfrom October-January.[1]

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Volume 7, Issue 3 May-June 2022, pp: 45-52www.ijprajournal.com ISSN: 2456-4494

Scientificname:*Terminaliachebula* Retz.
Family:COMBRETACEAE

TAXONOMICALCLASSIFICATIONACCORDING TOBENTHAMAND HOOKER(1862-1883)-[3]
Kingdom: Plantae
Sub-kingdom: Viridiplantae
Infra-kingdom: Streptophyta
Super-division: Embryophyta
Division: Tracheophyta
Sub-division: Spermatophytia
Class: Magnoliopsida
Super-order: Rosanae
Order: Myrtales
Family: Combretaceae
Genus: Terminalia
Species:chebula(Gaertn.) Retz.

VERNACULARNAMES:[1]
Sanskrit: Abhaya,Kayastha,Siva,Pathya,Vijaya
Assamese: Shilikha
Bengali: Haritaki
English: Myrobalan
Hindi: Harre,Harad,Harar
Kannada: Alalekai
Kashmiri: Halela
Malayalam: Katukka
Marathi: Hirda,Haritaki
Oriya: Harida

SYNONYMSANDTHEIRNIRUKTI(ETYMOLOGY): [3]

The fruits of Haritakihas been widely used in Ayurveda by various names. These names hasbeengivenforvariousandreasonsandactivities.Thefruitcontainsfiverasasexceptlavana(Pancharasa), eliminates impurities from the bodies (Haritaki, Pramatha), cleanses the body(Putana). It clears the srotas (Pathya), improves the vital energy and strength (Pranada, Jivanti), israsayana (Amrita), removes fear of disorders (Abhaya) and maintains youth (Vayasya). It promtesthe activities of both body and mind (Kayastha, Cetaki). It rejuvenates the tissues and heals wound(Rohini), is unfailing (Amogha). It is a remedy for all diseases (Avyatha, Vijaya). It has overallsalutaryeffect (Siva) andoccupies the highest position amongdrugs (Shreyasi).

SYNONYMSASPERDIFFERENTNIGHANTU:[3]

S.N.	SYNONYMS	DN	HDN	MPN	RN	KN	BPN	SN	NA	MN	PN
1	Abhaya	+	+	+	+	+	+	+	+	+	+
2	Amogha	-	-	+	-	-	-	-	-	-	-
3	Amrita	+	-	+	+	-	+	+	-	+	-
4	Avyatha	+	-	-	+	-	+	+	+	+	-
5	Balya	-	-	-	-	-	-	-	-	+	-
6	Bisagarbha	-	-	-	+	-	-	-	-	-	-
7	Chetaki	+	+	+	+	-	+	+	+	+	-
8	Devi	-	-	-	+	-	-	-	-	-	-
9	Divya	-	-	-	+	-	-	-	-	-	-
10	Haimavati	+	-	+	+	+	+	+	+	+	-
11	Haritaki	+	+	+	+	-	+	+	+	+	+

(+denotespresence,-denotes absence)

(DN-Dhanwantari Nighantu, HDN- HridayaDipaka Nighantu, MNP-Madanapala Nighantu, RN-Raja Nighantu,KN-KaiyadevaNighantu,BPN-BhavprakashNighantu,SN-SaligramaNighantu,NA-

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NighantuAdarsha,MN-MahaushadhaNigraha, PN-PriyaNighantu)

VARIETIES OF HARITAKI:[4]

- AccordingtoBhavprakashHaritakiis of7types:
  a) Vijaya, b)Rohini, c)Putana,d)Amrita, e) Abhaya, f)Jivantiandg)Chetaki
- AccordingtoKaiyadeva NighantuHaritakiis of3 types:
  a) Niraja,b)Vanaja, andc)Parvatiya

II. LITERARYREVIEWS OFHARITAKI:

VEDIC&PAURANIKPERIOD: Haritakihasnotbeenmentioned in the Vedas.TheearliestreferenceofHaritaki wasmentionedby **Panini**who describeditforthe managementof Mutrapurish-nirodh(dysuria / anuriaandconstipation) in 4/4/53.

CATEGORIZATIONOFHARITAKIINSAMHITAS&NIGHANTUS:

S.N.	TEXTS	GANA/ VARGA
1	**CarakaSamhita**	Jwaraghna, Arshoghna, Kasaghna, Kusthaghna Virecanopaga, Prajasthapana, Vayasthapana
2	**SushrutaSamhita**	Amalakyadi, Parushakadi, Triphala, Mustadi
3	**AstangaSangraha**	Arshoghna, Kushthaghna, Hikkanigrahana, Kasahara Jwaraghna, Garbhasthapana, Vayasthapana
4	**AstangaHridaya**	Virecanagana, Parushakadigana,Mustakadigana, Mustadigana
5	**DhanwantariNighantu**	Guduchyadivarga
6	**HridayaDeepikanighantu**	Dwipadavarga
7	**MadanpalaNighantu**	Haritakyadivarga
8	**RajNighantu**	Amradivarga
9	**KaiyadevaNighantu**	Aushadhivarga
10	**Bhavprakash Nighantu**	Haritakyadivarga
11	**Shaligram Nighantu**	Haritakyadivarga
12	**Nighantu Adarsha**	Haritakyadivarga
13	**Mahaushadha Nighantu**	Mahaushadhivarga

BOTANICALDESCRIPTION: [4][5]

A moderate to large deciduous tree with a cylindrical bole, rounded crown and spreading

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branches,15-24mhigh, with rust coloured or silveryhairs over theyounger branches.
Leaves: mostly subopposite, distant, ovate or oblong-ovate, 8-20cm long, deciduous in cold season,glabrousto tawny villous beneathwith a pairoflarge glands at thetopof thepetiole
Flowers: dull white or yellowish, strong offensive smell, in spikes from the upper axils and in smallterminal panicles, blooming April-May
Friut: drupe, ellipsoidal, obovoid or ovoid, from a broad base, glabrous, yellow to orange-brown, sometimes tinged with red or black and hard when ripe,3-5cm long, 5 ribbed on drying, ripe inNovember-January
Seeds:hard,pale-yellow.
DISTRIBUTION: [5]
AbundantinNorthernIndia.ItisfoundthroughoutthegreaterpartsofIndiafromeasternregiontoHimalayastoan altitudeof1500m.
AYURVEDIC PROPERTIES:[6]
Rasa-Pancharasa (except lavana), mainlyKasaya
Guna-Laghu, Ruksha
Virya-Usna
Vipaka-Madhura
KARMA: [7]
Dosakarma: Tridosasamaka,mainly Vatasamaka
Sharirakarma: Sothahara,Vadanasthapana,Vranasodhana,vranaropana,Nadibalya,Medhya,Chaksusya,Deepana,Pacana,Yakriduttejaka,Anulomana,Mridurecana,Krimighna,grahi,shonitasthapana,Hridya,Kaphaghna,srotasodhana,Vrishya,Garbhasatasothaharа,Prajasthapana, Mutrala, Kusthaghna,Rasayana
Vyadhikarma: Vatavyadhi,Sothavedanayuktavikara,Vrana,Mukharoga,Kantharoga,Nadidourbalya,Mastishkadourbalya,Natrabhishandhya,Dristimandya,Indriyadourbalya,Agnimandya,Shula,Anaha,Gulma, Vibandha,Udararoga,Arsha,Kamala,Yakritpleehavridhi, Krimiroga, Hriddourbalya, Vatarakta, Raktavikara, Sotha, Pratisyaya,Kasa,Swarabheda,Hikka,Swasa,Prameha,Sukrameha,Swetapradara,Garbhasaya-dourbalya, Mutrakriccha, Mutraghata, Asmari, Kustha, Visarpa, Twakdosa, Visamajwara,Jeernajwara.

RITUHARITAKI:[8,9,10]

Haritakiacts as a rejuvenator (by cleaning various malas from the body). But for producing itsrasayana effect, it needs various supportive dravyas in different seasons in the form of anupana(vehicle).So, Haritaki is administeredwith different anupanaindifferent ritu(seasons).[8]
Anupana (vehicle) is defined as the pana (drink) which is taken immediately after ahara (food),oushadhaanga and oushadha yoga (medicines) [9]. As the oil added to water spreads quickly on thesurface of water, so the oushadha (medicine) along with the Anupanaspreads in the body andproducesits effect whenadministered with appropriate Anupana[10].

AnupanaofHaritakiaccordingtoRituandtheirayurvedicproperties[8]

Ritu	Anupana	Rasa	Guna	Virya	Vipaka	Karma
Varsha	Saindhavalavana	Lavana	Laghu, Tikshna,Snigdha	Sita	Madhura	Tridosahara,Rochaka,Dipana
Sarad	Sarkara	Madhura	Guru,Snigdha	Sita	Madhura	Vata-Pittasamana,Brimhana
Hemanta	Sunthi	Katu	Laghu,Snigdha	Usna	Madhura	Vata-Kaphasamana,Dipana,Vrishya
Sisira	Pippali	Katu	Laghu,Snigdha, Teekshna	Usna	Madhura	Kapha-Pittasamana,Dipana,Vrishya
Vasanta	Madhu	Kasaya	Laghu,Ruksha	Sita	Madhura	Tridosasamana, Dipana,Balya
Grishma	Guda	Madhura	Guru,Snigdha	Sita	Madhura	Tridosasamana, Balya

AYURVEDIC PHARMACOLOGY OF RITU HARITAKI:

Varsha itu (rainy season) is first season of visarga kala (debilitating), during which alparukshata(mild roughness), amla rasa (sour taste) are predominant. Agni (digestive power) becomes irregular.Bala (strength) of the person is less. Due to mandagni (decreased digestive energy) and excess cold,sanchaya (accumulation) of pittadosha and prakopa (aggravation) of vatatakes

International Journal of Pharmaceutical Research and Applications
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place. Saindhavalavana acts as vatashamaka due to its lavana rasa, snigdhaguna (unctuousness), and Madhura vipaka (post digestion). Haritakiacts as vatashamaka due to the madhura, amla rasa, ushnaviryaand madhuravipaka. When the vataand pitta are brought to their equilibrium state, they ultimatelyenhancetheagni(metabolism),whichisimpairedduetovataprakopa(aggravationofvata)andpittaschaya(accumulationofpitta).[11]

Sharada ritu (autumn season) is secondritu (season) of visarga kala, comes under the sadharanaritu.Duringwhichmadhyamasnigdha(mild unctuousness)andlavanarasa(salttaste)arepredominant. Agni (digestion) becomes teekshna (increased), Bala(strength) of the person ismadhyam (moderate), due to predominance of snigdhaguna, lavana rasa. Haritaki with sharkara(unrefined sugar)doespurificationofprovokedpitta,duetoitssnigdhaguna(unctuousness),madhurarasa (sweet taste) and vipaka (post digestion). Madhura rasa, madhuravipakaand sheetavirya ofsharkaraprevent the further vitiation of the pitta. Along with this they help in mitigating shamanarupivata (which are under mitigating stage), due to their snigdhaguna, madhura rasa and madhuravipaka.Theushnaviryaof Haritakimitigate thevata.[11]

Hemantaritu(pre-winterseason)isthelastseasonofvisargakala,during whichthesnigdhaGunaand madhura rasa are predominant. In this season the strength of the person is good, the pitta is in mitigating state and kapha at its accumulating stage. It mitigates the kapha at its accumulating stageandpreventsaggravation,duetoushnavirya(hotpotency),katu,tikta, Kashaya rasa(pungent,bitter, astringent taste), laghu, ruksha Guna (lightness, dryness) of Haritaki and shunti (ginger).Along with this it helps to bring back the pitta to equilibrium state by its madhuravipaka. Due to itsushnaviryaitstimulates theagni whichget impairedduring vitiation ofpitta.[11]

Shishiraritu (winter season) is first season of the adana kala (strengthening season), during thisperiodtheintensityofsunrayswillgraduallyincrease,alongwithincreaseinrukshaGuna(dryness) and strength of person gradually decreases due to excess coldness. The accumulation ofkaphatakes place in this season. To mitigate the accumulated kapha, Haritaki should be taken withpippali fruit, as it is good sleshmahara (kaphamitigate), due to its katu rasa (pungent taste), laghu,tikshna Guna (lightness and penetrating properties) and ushnavirya. Apart from this it also bringsthe shamanarupi pittato its equilibrium state.By this it maintains theequilibrium status of thedosha leading to agnisamyata, dhatu samyata (equilibrium state of agni and body tissue)andultimatelyleads to Rasayanakarma.[11]

Vasantaritu (spring season) is secondritu of adana kala, comes under sadharanaritu. During thisritu, ahara and oushadhadravyas (foodand medicines)are madhyamarukshata(moderately dry)and astringent. Hence, strength of person is reduced. The aggravation of kaphatakes place in thisritu. To mitigate the aggravated kapha,Haritaki should be taken with honey. The laghu, rukshaGuna (lightness and dryness) and kashaya rasa (astringent taste) of Haritaki and madhu help tomitigate kapha. Ushnaviryaof Haritaki also acts as kaphahara. Because of its madhuravipakathiscombinationalso acts asRasayana.[11]

Grishmaritu (summer season) is the last season of Adana kala and comes under visishtaritu.During this season dravyas have ati-rukshata Guna (excessive dryness) and katu rasa (pungent taste),which considerably reduce the strength of a person. Accumulation of vata and mitigation of kaphawill take place in this season. Guru SnigdhaGunas (heaviness and unctuousness) and Madhura vipaka of jaggery and usnavirya, madhuravipaka of Haritaki helps to prevent the vatasanchaya.By this, itchecksvatafrommovingintofurtherkriyakalas(pathologicalstages).Ushnaviryaandlaghu,rukshagunasof Haritakibringsthe samanarupikaphato itsequilibrium state.[11]

CHEMICALCONSTITUENTS OF HARITAKI:[12]

Anthraquinone glycoside, Chebulinic acid, Chebulagic acid, Tannic acid, Terchebin, Tetrachebulin,Vitamin C, Arachidic acid, Behenic acid, Linoleic acid, Oleic acid, Palmitic acid, Stearic acid,Chebulin,2-α-hydroxymicromericacid, Maslinic acid, 2-α-hydroxyursolicacid.

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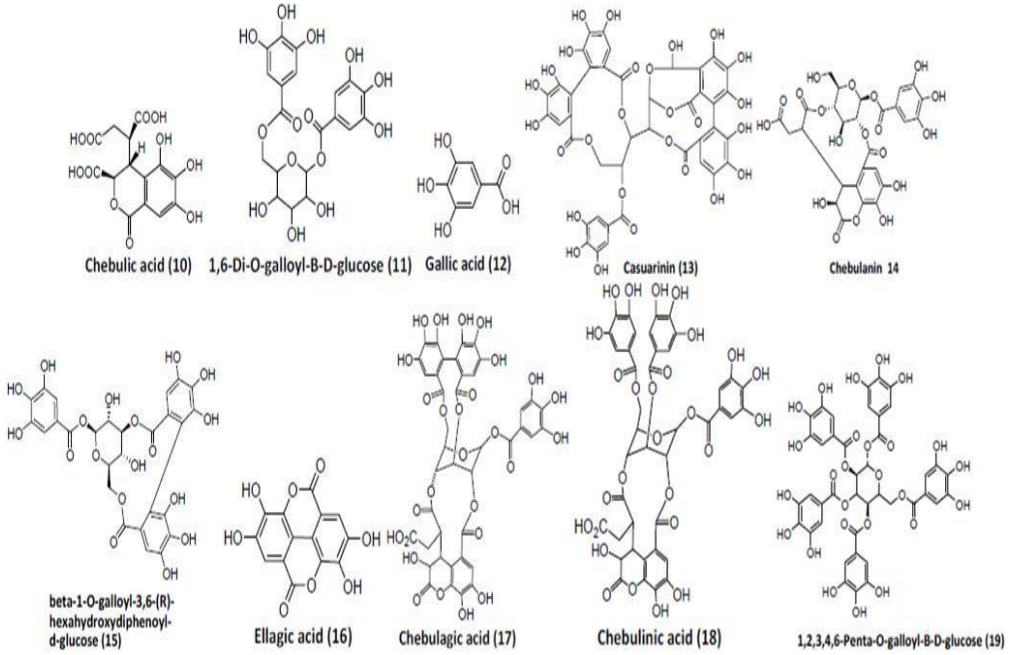

MajorchemicalconstituentsofHaritaki

MODERN PHARMACOLOGICALACTIVITY:[12]

Antimicrobial,Antifungal,Antibacterial,Antiviral.Antistress,Antispasmodic,Hypotensive,Endurancepromotingactivity,Anti-Hepatitis-Bvirusactivity,Hypo-lipidemic,anthelminthic,Purgative.

Some of the pharmacological activities have been explained on the basis of research works that hasbeenconducted on Haritaki.

Anti-bacterial activity: The broad-spectrum antibacterial property of *T. chebula* against variouspathogenic gram-positive and gram-negative bacteria has been reported. The ethanolic extract of thefruitsofT.chebulawasstudiedforitsanti-bacterialactionagainststandardreferencebacterialstrains of clinical importance and it was found that the extract was highly effective against Bacillussubtilis, S. epidermidis, S. aureus, Sa. typhi and Pseudomonas aeruginosa (Kanna et al., 2015).Moreover, Mostafa et al. explored the action of T. chebula as compared with traditional antibiotics,against enteric pathogens, namely, Shigella sp., Salmonella sp, Vibrio cholerae and Escherichiacoli, wheretheyfoundthepotentialantibacterial activity(Mostafa,Rahman, &Karim,2011).[13]

Antiviral activity: Various investigations had displayed the repressive action of T. chebula on viraldiseases caused by herpes simplex virus-1 (HSV-1), cytomegalovirus (CMV), influenza and humanimmunodeficiency virus type 1 (HIV-1) (Badmaev& Nowakowski, 2000; Kurokawa et al., 1995;Oyuntsetseg et al., 2014; Yukawa et al., 1996). The fruits of T. chebula were reported to have gallicacid and tannins as human HIV type I integrase inhibitors where galloyl component reportedlyperform a pivotal function in hindering the 30-processing of HIV-1 integrase (Ahn et al., 2002).Kurokawa et al. reported that T. chebula showed a stronger antiviral activity in conjunction withacyclovir (synthetic analogue of the purine nucleoside) opposed to HSV-1 infection in vivo and in-vitroas evident bydecrement in the yield ofvirusin thebrainof mice(Kurokawaetal., 1995).[13]

Hepato-protectiveactivity:T.chebulaextractmayreportedlysurpassthe2-acetylaminofluoreneinstigated drug resistance and oxidative stress in the hepatic tissue and nullifythe probable neoplastic transformation resulting in hepatocarcinoma by inhibiting the expression ofmultidrugresistance-1viapreventionofcyclooxygenase-2(COX-2)expressionandROSgeneration through MAPK and Akt signalling (Nishanth, Prasad, Jyotsna, Reddy, & Reddanna,2014). Furthermore, T. chebula averted the hepatotoxicity resulted by the application of isoniazid,pyrazinamideandrifampicin(in combination)inasub-chronicmodepossibly

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viaitsnotablemembrane stabilizing and anti-oxidative activities (Tasduq et al., 2006). Similarly, the water extractof T. chebula, attenuated the elevation of serum liver enzymes aspartate transaminase, alaninetrans-aminase and lactate dehydrogenase level exerting a hepatoprotective effect against t-BHP-inducedliver injuryin C57/BL6 mice.[13]

Anti-hyperlipidaemicactivityandhypocholesterolemic activity: Itwasreportedthatinhyperlipidaemic model of rats induced by atherogenic diet, the treatment with T. chebula on such ratmodels exhibited resulted into decline in triglycerides, total cholesterol, total protein and increase inhighdensitylipoproteincholesterolthusrevealingits hypolipidemicactivity(Maruthappan&Shree,2010). OtherreportedthatoraladministrationofT.chebulato miceonatherogenic diet had successfully alleviated the effects related to high cholesterol containing diet as;body weight, serum cholesterol, triglyceride, thickening of the walls of aorta and shrinkage in itslumen(Rathore, Soni, & Bhatnagar, 2004).[13]

Immunomodulatory activity: The immunosuppressive response of CA and gallic acid, isolatedfromT.chebula,werefoundtoblocktheCTLm ediatedcytotoxicityviablockinggranularexocytosis in response to anti-CD3 stimulation (García Sevillano et al., 2014). Aher and Wahi(2010) reported that T. chebula alcoholic extract shows immunomodulatory activity on male Wistarratsasevidentby increasedinneutrophils,lymphocytesandlinear time-dependentsignificantphagocytic activity withincrease in the immunoglobulin level (Aher&Wahi, 2010). Aher andWahi (2011) has explored the immunomodulatory of the dried ripe fruits of T. chebula at cellularlevel.Theimmunologicaleffectwasexamined andthestudyreportedthattreatmentwithT.chebulaextr acthaselevatedthelevelofglutathione,superoxidedis mutaseandcatalase(25.36,252.22 and 273.32 units/mg protein, respectively), while the extract has decreased the level of LPOto 68.01 nmolMDA/gHb.[13]

PARTUSED: Fruits [6]

DOSAGE: Powder-3-6gm [6]

INDICATIONS:
Skindiseases, Leprosy,Stomatitis,Hyperacidity,Haemorrhoids,Jau ndice,Hepato-spleenomegaly,Helminthiasis, Flatulence, Constipation, Dyspnoeas,Cough, Coryza, Wounds, Ulcersetc.[7]

THERAPEUTICUSES OF HARITAKI:[14]

Externaluse: Sothahara, Vedanasthapana, Vranasodhana, Varanaropana
Nadisamsthana: Balya, Medhya
Pacanasamsthana: Dipana,Pacana,Yakriduttejaka, Anulomana,Mridurecana,Krimighna
Raktavahasamsthana: Hridya, Sonitasthapana, Sothahara.
Swasanasamsthana: Kaphaghna
Prajananasamsthana: Vrishya, Garbhasayasothahara, Prajasthapana
Mutravahasamsthana: Mutrala
Twacha: Kusthaghna
Tapokrama: Jwaraghna
Satmikarana: Rasayana

IMPORTANTFORMULATIONS OF HARITAKI:[15]

Abhayamodaka,Abhayarista,Pathyadivati,Pathyadi kwath,Vyaghriharitaki,Haritakileha,Chitrakaharitak i,Agastyaharitaki,Dantiharitaki,Haritakikhanda,Pat hyadichurna.Abhayadiguggula,Abhayadikalka,Amr itaharitaki, Abhayamalakiyarasayana.

III. CONCLUSION:

Now everyone wants a healthy qualitylife but in present era it is hard to maintain the healthy life due to unwholesome diet habits and life style. There are many methods in Ayurveda to regulates the healthy status of life like Dinacharya(daily regimen), Ritucharya (seasonal regimen), Sadvritta (good habits), AacharaRasayana (to maintain social health) etc. RituHaritaki is the one of among them. It is said that "As is the grain so is the mind".Haritaki producing the wholesome effect (the ones that helps to stay healthy) "HaritakiPathayanam". In RituHaritak,Haritaki is recommended with different adjuvant in different season like Pippali, jiggery, dried ginger etc., Adjuvant is an ingredient which modifies and enhances the strength and the qualities of principal ingredient.Therefore, there is the requirement to investigate the biological activity of its Phyto-constituents at extensive research level to exhibit its unexplored potential for development of an effective, safe and cheap drugs for various ailments.

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