

Arjuna

(*Terminalia arjuna*)



Arjuna was introduced into Ayurveda as a treatment for heart disease by Vagbhata (7th century CE).¹

The bark of the *Arjuna* tree has a long history of use as a cardiac tonic as well, and has been indicated in the treatment of coronary artery disease, heart failure, hypercholesterolemia and for relief of Angina pain.

Arjuna bark is thought to be beneficial for the heart. This has also been proved in a research by Dr. K. N. Udupa in Banaras Hindu University's Institute of Medical Sciences, Varanasi (India). In this research, they found that powdered extract of the above drug provided very good results to the people suffering from Coronary heart diseases.

Active contents:

Arjuna contains main constituents like tannins, triterpenoid saponins i.e arjunic acid, arjunolic acid, arjungenin, arjunglycosides, flavonoids i.e arjunone, arjunolone, luteolin, gallic acid, ellagic acid, oligomeric proanthocyanidins (OPCs), phytosterols, calcium, magnesium, zinc, and copper. The cardio protective effects of *Arjuna* are thought to be caused by the antioxidant nature of several of the constituent flavonoids and oligomeric proanthocyanidins, while positive inotropic effects may be caused by the saponin glycosides.

Herb actions:

Cardio tonic effect: *Arjuna* shows benefit to cardiovascular and left ventricle function in persons who have suffered myocardial infarctions, with the benefits appearing to extend to other cardiac conditions like angina. It considered as one of the best herbal medicine to treat all the cardiac problems.²

Anti –Hypertensive effect: *Arjuna* improves cardiac functioning and thus regulates blood pressure.

Cholesterol Normalizing Effect: Result of one study shows that *Arjuna* significantly decreases total cholesterol, LDL and triglyceride levels and increases HDL, thus, lowers risk of atherosclerosis. Hence, *Arjuna* extract can effectively prevent the progress of atherosclerosis.

Contraindication: None

Dose: 1 Capsule two to three times a day or as advised by the Physician.

Composition: Each capsule contains 400 mg standardized extract of *Arjuna* (*Terminalia arjuna*).

Indication: Ischemic heart disorders, Anginal pain, Hyper-cholesterolemia

References :

1. "Arjuna". Todd Caldecott. Retrieved 2012-11-26.
2. "Anti-Atherogenic Activity of Ethanolic Fraction of *Terminalia Arjuna* Bark on Hypercholesterolemic Rabbits" Evid Based Complement Alternat Med. 2011; 2011:487916.