

HARITAKI CHIKITSATMAKA ADHYAYAN WITH THE REFERANCE OF CHARAKA CHIKITSA STHAN

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Abstract

Ayurvedic Classic consider drug is a very important factor in management tool in the hands of a physician or a therapist. Acharya Charak discussing different aspects of drugs and drug therapy says even a poison is an effective drug if used properly, whereas improper use of even an elixir can prove harmful. The Haritaki is Popularly known as Indian walnut for its innumerable benefits A/c to ancient folk the drop of Amrit dropped upon the earth & gave rise to the devine tree. Haritaki tree which goes by the botanical name Terminalia chebula & is native to India but also widely distributed in China, Nepal and Shrilanka Haritaki is generally used in the dried powder form Haritaki coined the "King of herbs" by many Ayurvedic healers, this miraculous fruit holds great significance in the holistic healing of Ayurveda and is extensively used for curing various ailments due to its laxative astringent purgative anti-bilious and antioxidant nature.

Keywords: Ayurveda, Haritaki, Ekal Dravya, Acharya Charaka etc.

INTRODUCTION

The universe is derived from plants, animals or minerals which also serve as the drug sources and hence are considered as basic drug classes. In Ayurvedic Therapeutics, drugs in both forms are used, crude as well as processed and converted into different formulations. It is necessary that the form of drugs or formulations when ready for ingestion should be not only effective but also easy to administer and agreeable to patient. The main emphasis is removing the physical and chemical impurities from the crude drugs

DISCUSSION

As India is the land of Ayurveda Described above every substance in the universe possesses a potential to become a drug people are truly believe in the power of herbal preparation in treating various medical conditions. Haritaki churnas has proven its efficacy in treating various health ailments with people becoming more aware of the cons of the modern days. Herbal preparations are gaining popularity and people are opting for the herbal preparations to feel better here is how you can benefit by taking this herbal remedy.

हरितकीं पञ्च रसामुष्णामलवणां शिवाम् |
दोषानुलोमनीं लघ्वीं विद्यादीपनपाचनीम् ||
आयुष्यां पौष्टिकीं धन्यां वयसः स्थापनीं पराम् |
सर्वरोगप्रशमनीं बुद्धीन्द्रियबलप्रदाम् ||

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अतश्चातकल्पानि विद्यात कर्मभिरिदृशैः |

हरितकीनां शस्यानि भिषगामलकस्य च || [1] [च.चि.1/29-37]

Haritaki Characterises five rasas mainly Madhura (i.e. Sweet), Amla (i.e. Sour), Katu (i.e. Pungent), Tikta (i.e. bitter), Kashaya (i.e. astringent) it is hot in potency, Haritaki is good for general health.

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It acts as a dipan and pachan it promotes longevity and nourishment, It prevents aging It prevents all diseases and promotes intellect sense perception and whitality. It alivates Kustha, Gulma, Udavarta. Shosha(consumtion) Pandu (Animia) mada (Intoxication) arshas (piles) grahani,chronic and intermittent fever, Rudrog Dieses of the head, diarrhea, Arochak, (Anoraxia), Prameh, Anaha, Udar, Hoursnes of voicem Impuirments of the completion, Jaundice, Krimis, Shvaythu (oedema) bronchial asthma vomiting, impotency lassitude in the body, various types of obstruction sin the channel's of circulations plastering of heart and chest (Collection of a the adhesive maternal (like fat) around the heart and chest, Impairment of memory and intellect in short times.

Haritaki Nishedha Vyakti

Those suffering from Indigestion taking dry food, those who are emaciated due to sexual indulgence, alcoholic drinks or intake poisons or those affiliated with hunger, thirst, heat should not use Abhaya (Haritaki)

Those looking to important actions one should regard the fruits of Haritaki like nector

Ref. of Haritaki are collected from the charak Samhita and described in the following manner.

Haritaki with Gud prayoga

सगुडामभयां वासपि क्षाराखिण्णान्स्तथा || [2] [च.चि. 13/78]

Plihodar is associated with udavart then patient should be given Abhaya mixed with jaggery.

Haritaki indicated in udar rog

हरितकीसहस्रं वा क्षीराशी वा..... || [3] [च.चि. 13/152]

For the elimination of the residual doshas following recipes should be administered to the Udar patient

One should use total of one thousand fruits of Haritaki and keeping on milk diet (One thousand fruits of Haritaki to be taken according to the procedure prescribed for pippali vardhaman rasayana).

In Arsha Chikitsa

सगुडामभयां वाऽपि प्राशयेत् पौर्वभक्तिकीम् || [4] [च.चि. 14/65]

In Arsha Chikitsa Another reference

गोमूत्राध्युषितां दद्यात् सगुडां व हरितकीम् |
हरितकी तक्रयुतां प्रयोजयेत् || [5] [च.चि. 14/67]

Haritaki prayog in grahani disorder

मुस्तान्तकलकः पथ्या वा चोष्णवारिणा || [6] [च.चि. 15/98]

One should administer Haritaki Impregnated with cows urine and mixed with Jaggery or Haritaki with butter milk.

In Pandu Adhyay reference of Haritaki

हरितकी प्रयोगेण गोमूत्रेणाथवा पिबेत् | [7] च.चि. 16/68]

In Pandurog Haritaki may be taken regularly with cows urine

In Pandu Adhyay another reference of Haritaki

चूर्णिताः कामली लिह्याहुडक्षौद्रेण वाऽभयाः | [8] [च.चि. 16/98]

In VataShonit Chapter

कषायमभयानां वा घृतभृष्टं पिबेन्नरः | [9][च.चि. 29/84]

One should take decoction of Haritaki fried with ghee

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