

Thalla maddi/ Arjuna

Botanical Name: *Terminalia arjuna*

Family: Combretaceae

Common Name: Arjun tree

Hindi Name: अर्जुन

Part Used: Leaf, Bark and Fruits

T. arjuna grows to about 20–25 metres tall; usually has a buttressed trunk, and forms a wide canopy at the crown, from which branches drop downwards. The Arjun tree is native to India and Sri Lanka, with a strong presence in the Indian subcontinent, particularly in the central and southern regions. It thrives in tropical forests, particularly along riverbanks and in moist deciduous forests. It can also be found in Myanmar. Arjuna also known as the “Arjun tree” is a widely grown tree in India. It has various medicinal properties like antioxidant, anti-inflammatory and antimicrobial. Arjuna helps reduce the risk of heart diseases. It strengthens and tones the heart muscles and helps in proper functioning of the heart. Arjuna tree also has strong anti-hypertensive property and helps reduce high blood pressure. For maximum benefits in case of heart problems, Arjuna chaal boiled in milk should be taken 1-2 times a day. Arjuna also helps control diarrhea, asthma and cough. External application of Arjuna bark (Arjuna chaal) helps manage various skin disorders like eczema, psoriasis, itching and rashes. The ingredients of arjuna include the maintenance of healthy cholesterol levels already within the normal range, balanced blood pressure, and proper coagulation in the blood. Arjuna is useful for balancing lungs with its affinity for the chest, arjuna can balance excess kapha and pitta in the lungs for clear, calm breathing.

