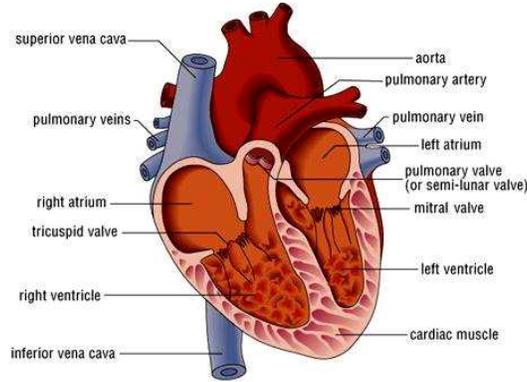


MIRACLE FOR HEART PROTECTION & TREATMENT

(Compiled by Nsir Malik, Director, National College of Arts, Rawalpindi campus, Rawalpindi.

Contact: nsir.malik@gmail.com)



A R J U N A B A R K (Terminalia arjuna)

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posted by Dr. Tillotson in Herbal encyclopedia

Latin: Terminalia arjuna

Sanskrit: Arjuna



Above pictures show the leaves & the fruit. The flowers & THE TREE look like this (below):



(Note: Lawrance Garden & Model Town, Lahore are full of these trees and easily available. One tree is just at the Main Gate of E-Block Girls College in Model Town Lahore.)

WHAT IT DOES: Arjuna bark is astringent in taste, cooling in action, and light and dry in property. It is an anti-poison agent that tonifies, strengthens and protects the heart and musculo-skeletal system.

RATING: Gold

SAFETY ISSUES: None known so far as none are reported ever.

STARTING DOSAGE:

- Dried powder: two grams two to three times per day (*The dried bark after crushing with hammer can easily be grinded in home blenders*)
- 4:1 concentrated powder extract: one gram two times per day
- 1:2 tincture: 20-40 drops two to three times per day

Arjuna bark is one of the most important heart tonics in Ayurvedic medicine, used to treat all forms of heart disease. It reduces the heart-damaging culprits of inflammation (Pitta) and mucus (Kapha), and is strong enough to protect against scorpion stings. Arjuna bark contains a fair amount of triterpenoid saponins, and cooking tends to activate these chemicals (which is why saponin-rich Chinese ginseng root is always cooked). Looking at the traditional literature, we see that for more than 1,500 years TAM doctors have boiled arjuna bark in milk or ghee to make medicine, having patients ingest it daily for up to a year.

Research highlights

- The Indian Central Council for Research on Ayurveda and Siddha, citing 20 studies, reported that arjuna bark is valuable in treating angina pectoris, hypercholesterolemia, cardiac artery disease (CAD), and hypertension (Pandley et al., eds, 1996; Dwivedi and Jauhari, 1997).
- Animal studies have also demonstrated its ability to improve liver mitochondrial function (Pandley et al., eds, 1996).
- According to long-term outpatient evaluation, **500 mg. of arjuna bark, taken three times per day** in addition to standard medicines (diuretics, vasodilators and digitalis) for 20-28 months (mean 24 months), contributed to improvement in symptoms, signs, effort, tolerance and New York Heart Association Class, with improvement in quality of life (Bharani, 1995).

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Arjuna Tree Overview

Terminalia arjuna is one of the most popular plants commonly prescribed for cardiovascular problems in Ayurvedic medicine.

Biological Description

We know this plant as Arjuna or Arjun and White Marudah or Murdh, though its Latin name is Terminalia arjuna. It belongs to the Combretaceae family, which embraces several very alike species.

Terminalia arjuna is quite a tall tree (up to 100 feet). The crown is large with drooping branches. The tree bears conical evergreen sub-opposite leaves, dull green above and pale brown beneath. They have crenulated margin and two glands near the petiole.

The bark is smooth and grey outside and reddish from the inside. It is thick and soft and is said to possess medicinal properties.

In spring and summer the tree is in bloom (usually from April to July), bearing the spikes of small white or yellow flowers. The fruits are woody and glabrous, ovoid-oblong, with five wings.

Growing

Being native to India, Arjuna can be found almost in every part of the country. The largest populations, however, grow in the Himalayan region and in the east of the country. Arjun does well on the river banks, preferring light deep sandy soils and alluvial loams. The tree needs much loose moisture, with good drainage at the same time.

Parts Used

Thick, soft bark of the Arjun tree, which peels in large thin sheets, is said to contain a number of elements beneficial for the human health, thus it has been used for centuries in the traditional medicine of India.

Market

These days, Arjuna remedies are usually available in the form of tablets or capsules filled with the powdered bark.

Action

The bark of Terminalia arjuna is known to contain phyosterols (β -sitosterol), ellagic and oleanolic acids, magnesium, zinc, copper and tannins. The whole tree is so rich on calcium that even the soil it grows on becomes rich on this element too. One of the most promising constituents of the Arjun bark is arjunic acid, belonging to triterpenoid saponins. A glycoside arjunetin has recently been isolated from the bark and enlarged the list of glycosides found in this tree. Arjuna also contains coenzyme Q10.

White Marudah is believed to be a powerful cardiovascular protector, capable of improving a large number of heart conditions, like angina, heart failure, heart attack, and others. It is a cardio-stimulant and tonic, diuretic and prostaglandin enhancer, anti-hypertensive and anti-ischemic agent. Saponin glycosides are believed to improve the pumping activity of the heart and stimulate cardiac muscle function.

Flavonoids in the bark are said to strengthen blood vessels and have antioxidant activity. They may be the reason for normalizing bad cholesterol level in the body and regulating blood pressure.

The latest studies of Arjuna bark indicate that it also possesses antibacterial properties and can be used to eliminate Neisseria gonorrhoeae bacterium, which causes gonorrhoea, and may have influence on chlamydia, which is associated with atherosclerosis.

Health Benefits

The oldest known use of Arjuna is as a cardiovascular tonic to treat congestive heart failure, angina pain, heart attack, and coronary artery disease. Hypertension and tachycardia are relieved with the powdered bark as well. Hypercholesterolemia (increased levels of bad cholesterol and triglycerides) is also effectively improved with Arjuna bark. Its constituents are also helpful against edema – a condition, when the excess fluid accumulates in the ankles and legs.

It is reported that the powder of the Arjuna bark may be helpful against stomach ulcers caused by NSAIDs use (common and popular pain-killers). It is also suggested that this remedy may be taken to treat asthma.

Finally, sexually transmitted diseases may be eliminated with Arjuna. At least, the latest research reports about the possibility to use the tree's bark to get rid of gonorrhoea. However, further research is necessary to discover what other conditions may be improved with White Marudah.

To make a conclusion, it should be added that the effectiveness of the treatment with Arjuna depends on the dose of the supplement taken; thus, a patient should always be guided by an experienced herbalist concerning the plan (dosing, duration) of the treatment.

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Terminalia Arjuna for Heart

Herbal Remedies for Heart, Herbal Care for heart Problems

Terminalia arjuna is a huge tree that grows wild in many parts of South Asia, particularly in northern plains of India. The bark of the tree contains natural alkaloids which are very useful Natural Cure for heart problems. Although there are many other Herbal Remedies for Heart but Arjuna is unique in its action. It not only a cure for major heart problems but also for the metabolic diseases which lead to heart weakness and failure. Arjuna has been found to be effective natural and purely herbal remedy for heart problems like blocked coronary arteries, high cholesterol, congestive heart failure and other heart problems. It is an effective herbal heart care herb.

Arjuna is a 100 % vegetarian dietary supplement. It is purely a natural herbal product containing arjuna, without any chemicals added into them. They are free from side effects and are very useful herbal cure for heart problems.

Arjun tree bark is a popular herbal remedy for heart problems, high cholesterol and blood pressure. Many people take the bark and boil it in water and consume it everyday. Arjuna capsules contain extract of Arjuna tree bark. It is a concentrated form of raw Arjuna powder. This makes it very effective solution for many heart and circulatory problems. It is not only useful in heart ailments but also helps in clearing away the blockage in the arteries. Thus it is also helpful in venous thrombosis.

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Further reading:

Antioxidant activity of Terminalia arjuna bark extract on N-nitrosodiethylamine induced hepatocellular carcinoma in rats

Authors: Sivalokanathan, Sarveswaran; Ilayaraja, Muthaiyan; Balasubramanian, Maruthaiveeran¹

Source: [Molecular and Cellular Biochemistry](#), Volume 281, Numbers 1-2, January 2006 , pp. 87-93(7)

Publisher: [Springer](#)

Abstract:

The present investigation was carried out to evaluate the antioxidant nature of ethanolic extract of Terminalia arjuna bark (EETA) on N-nitrosodiethylamine (DEN) induced liver cancer in male Wistar albino rats. Liver cancer was induced by single intraperitoneal injection of DEN (200 mg/kg). After 2 weeks of DEN administration, Phenobarbital (PB) was given to promote the cancer for up to 14 successive weeks. EETA extract (400 mg/kg) was given post-orally for 28 days to hepatocellular carcinoma-bearing rats. After the experimental period, all the animals were sacrificed and serum, liver and kidney samples were collected for further biochemical analysis. The levels of lipid peroxides (LPO) under basal and also in the presence of inducers (H₂O₂, ascorbate and FeSO₄) were estimated in serum, liver and kidney of control and experimental animals. Enzymic antioxidants, such as superoxide dismutase (SOD), catalase (CAT), glutathione peroxidase (GPx) and non-enzymic antioxidants like Vitamin C (Vit-C) and Vitamin E (Vit-E) levels were determined in all the groups of animals. A significant increase in LPO levels were observed while the levels of enzymic and non-enzymic antioxidants were decreased, when subjected to DEN induction. These altered enzyme levels were ameliorated significantly by administration of EETA at the concentration of 400 mg/kg in drug-treated animals. This protective effect of EETA was associated with inhibition of LPO induced by DEN and to maintain the antioxidant enzyme levels. Our results show an antioxidant activity of T. arjuna bark against DEN-induced liver cancer.

Keywords: [antioxidants](#); [free radicals](#); [liver cancer](#); [N-nitrosodiethylamine](#); [Terminalia arjuna](#)

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Affiliations: 1: Email: mpbp@rediffmail.com