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Arjuna





Synonym

- Gujarati: Sadado (સાદો).
- Hindi: Arjun (अर्जुन), Arjuna, Kahu, Koha, Arjan.
- English: Arjun tree, White Marudah.

Botanical name

- *Terminalia arjuna*.

Family

- *Combretaceae*

Chemical Constituents

- Triterpenoid saponins: arjunolic acid, arjunic acid, arjungenin
- Flavonoids: arjunolone, arjunone, arjunetin
- Hydrolysable tannins: ellagic acid, gallic acid, catechol derivatives
- Other bioactive compounds: terminoic acid, hentriacontane, myristyl oleate, arachidic stearate
- Minerals (calcium, aluminium, magnesium salts), sugars.

Therapeutic Uses

- Cardioprotective and cardiotonic (used to treat various heart diseases).
- Antihypertensive (lowers blood pressure).
- Diuretic and astringent.
- Antidysenteric, febrifuge.
- Anti-inflammatory, antioxidant.
- Used for angina, heart failure, chest pain.
- Beneficial in ulcers, wounds, and liver disorders.
- Used in Ayurvedic formulations for heart health.

Marketed Preparations

- Arjuna bark powder (used as herbal supplement).
- Ayurvedic formulations like Arjuna Kaseera Paka (prepared with cow's milk).
- Herbal extracts in capsules, tablets, and decoctions.
- Used in traditional medicines and modern herbal supplements targeting cardiovascular health.