

## *Terminalia arjuna*

### Scientific classification

Kingdom	: Plantae
Clade	: Angiosperms
Order	: Myrtales
Family	: Combretaceae
Genus	: <i>Terminalia</i>
Species	: <i>T. arjuna</i>



*Terminalia arjuna*

### Description:

The 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. It has oblong, conical leaves which are green on the top and brown below; smooth, grey bark; it has pale yellow flowers which appear between March and June; its glabrous, 2.5 to 5 cm fibrous woody fruit, divided into five wings, appears between September and November.

### Medicinal uses:

In traditional Ayurvedic medicine, **Terminalia arjuna** has been used to balance the three “humors”: kapha, pitta, and vata. It has also been used for asthma, bile duct disorders, scorpion stings, and poisonings. The bark of **Terminalia arjuna** has been used in India for more than 3000 years, primarily as a heart remedy.