



Health Benefits of Terminalia Arjuna

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Arjuna is a cardioprotective herbal remedy. Scientific studies show that it has beneficial effects in angina, heart disease, heart failure, edema, high cholesterol, gonorrhoea, acne, wounds, blemishes, dysentery and wounds.

The bark of this tree is high in Co-enzyme Q-10. thus helps in Cirrhosis of liver and reduces blood pressure.

Health Benefits of Terminalia Arjuna

- It provides a significant cardiac protection in myocardial infarction commonly known as heart attack.
 - It helps in lowering cholesterol levels and maintaining it to normal levels.
 - **Arjuna herb** nourishes heart muscles, which is very helpful in regular expansion and contraction of heart.
 - It helps in both vasoconstriction as well as vasodilatation that make the vessels flexible there by making it very much helpful for proper functioning of circulatory system.
 - It works as wonderful wound healer.
 - It has excellent curing power and can be apply locally on burned area.
 - It has been used in wounds and injuries to prevent blood loss as it helps in clot formations.
 - It has been found very useful in tubercular cough by stopping blood in cough and healing the ruptured arteries in lungs.
 - **Terminalia arjuna** helps in suppressing painful micturation and maintains normal urine flow.
 - It works as a wonderful antioxidant therefore helps in stopping early aging signs and helps in maintaining youth.
- Living with Vulvodynia

ARJUNA (Terminalia Arjuna)

Part Used: the bark of a deciduous tree of originating from the lower Himalayas but found growing throughout India Pakistan.

Used in specifically for all conditions associated with cardiac failure including irregular heart beat, palpitations, mitral valve prolapse, coronary artery disease, hypertension and congestive heart failure.

Arjuna has a stimulant effect on the heart so is particularly useful for a weak heart. Arjuna strengthens the heart muscle – unlike digitalis or nitroglycerine that only strengthens and restores heart beat with no nutritive effect on the heart muscle itself.

The bark is useful as an anti-ischemic and cardioprotective agent in hypertension and in ischemic heart disease. It also has a tonic effect in cases of cirrhosis of the liver. It induces a drug-dependent decrease in blood pressure and heart rate. It has been reported to possess protective cardiovascular and hypolipidemic properties. It reduces the level of triglycerides and cholesterol and has been reported to enhance the synthesis of LDL-apoprotein (apoB). It inhibits the oxidation of LDL and accelerates the turnover of LDL-cholesterol in liver. This enhances the elimination of cholesterol from the body. The suppression of hepatic cholesterol biosynthesis by Terminalia arjuna is the mechanism responsible for a significant lowering of beta-lipoprotein lipids and the recovery of HDL components in hyperlipidemia.

In a study on the efficacy of the bark powder in treating congestive cardiac failure (CCF), over 40% of the cases showed marked improvement. CCF due to congenital anomaly of heart and valvular disease was also brought under control. 4 out of 9 cases of CCF due to chronic bronchitis were also relieved by the treatment. Arjuna relieved symptomatic complaints of essential hypertension viz. giddiness, insomnia, lassitude, headache and the inability to concentrate. Oral administration of an aqueous suspension of the bark powder reduces coagulation, bleeding and prothrombin time.

In a double-blind crossover study, twelve subjects with refractory chronic congestive heart failure (idiopathic dilated cardiomyopathy (n=10): previous myocardial infarction (n=1), or peripartum cardiomyopathy (n=1), received *Terminalia arjuna*, at a dose of 500 mg every eight hours, or placebo for two weeks, each treatment protocol separated by a two-week washout period, as an adjuvant to conventional therapy. Terminalia, compared to placebo, was associated with improvement in symptoms and signs of heart failure, decrease in echo-left ventricular and diastolic

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makeup

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and end systolic volume indices, increase in left ventricular stroke volume index, and increase in left ventricular ejection fractions. A study with similar dosing on primarily post-myocardial infarction angina patients found improvements in cardiac function.

Prolonged use resulted in no adverse side effects or signs of renal, hepatic, or hematological abnormalities.

Hawthorn or *Crataegus oxycantha* (which is one of some 100 to 200 subspecies of trees native to temperate zones of Europe, Asia and North America) is the most famous and heavily researched cardiovascular herb. Like Arjuna, hawthorn is particularly rich in antioxidant flavonoids. Flavonoids are the most powerful health bestowing constituent of tonic herbs. They are the qi or energy of a plant and are responsible for the rainbow of colors found in fruits, vegetables, soy and herbs. They work with their cousins, carotenes as antioxidants to protect the plant from free radicals. The major difference between the two is that carotenes (the precursor of vitamin A) is soluble in oil while flavonoids are soluble in water. The French who consume at least four times more butter and lard than we do have a much lower incidence of death from coronary artery disease. The best rationale is their regular consumption of flavonoids-rich red wine. Of course dark grape juice is probably better overall, especially for the liver. Flavonoids are also important in both green and black tea and have been shown to have antipathogenic and anticancer properties. Finally the isoflavonoids found in soy are powerful in reducing cholesterol

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