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Terminalia chebula

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Abstract

Plants which poses medicinal property are part and parcel for human society to vanish diseases and have been considered valuable and cheap source of unique Phyto-chemical constituents which are used extensively in the development of medicine against various disease. The present review attempts to encompass the available literature on *Terminalia chebula* with respect to its morphological characters, Phyto-chemistry, summary of its various pharmacological activities and traditional and homoeopathic uses.

Keywords: *Terminalia chebula*, homoeopathy

Introduction

WHO stated that approximately 80 % of world population in all developing countries believe in traditional system of medicine for their 10 healthcare needs at major level ^[1]. *Terminalia chebula* is a flowering evergreen tree of the family Combretaceae. In Tibet, *Terminalia chebula* is called as the "King of Medicine" ^[2]. It is mostly used in ayurveda and homeopathic medicine. The plant has been well reported to possess antidiabetic, antibacterial & viral, antifungal, anticancer, antiulcer, antimutagenic, antioxidant ^[3].

Synonym: Black or Chebulic Myrobalan ^[4].

Scientific classification

Kingdom : Plantae
Subkingdom : Angiosperms
Order : Scytaminiales
Family : Combretaceae
Class : Monocotyledons
Subclass : Epigynae
Genus : *Terminalia*
Species : *Chebula* ^[5]



Fig 1: Different stages of *Terminalia chebula*

Table 1: Varieties of *Terminalia chebula* ^[6, 7]:

S.no	Varieties	Uses
1	Vijaya	All disease
2	Rohini	Healing of wounds
3	Putana	External application
4	Amrta	Purification
5	Abhaya	Vision problem
6	Jivanti	Every disease
7	Chetaki	Every disease

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Phytochemical constituent

Tannins (about 32%-34%) Phenolics- chebulinic acid, Polyphenols- corilagin, galloyl glucose. Besides, fructose, amino acids, succinic acid, betasitosterol, resin. Flavonol, glycosides, triterpenoids, coumarin conjugated with gallic acids called chebulin^[8].

Pharmacological profile^[9,10]

Terminalia chebula exhibits following pharmacological activities,

1. Antioxidant activity
2. Antiprotozoal activity
3. Antibacterial activity
4. Antifungal activity
5. Antiviral activity
6. Anticancer activity
7. Anti-HIV activity
8. Anti-diabetic activity
9. Anti-inflammatory activity
10. Wound healing activity
11. Anti-ulcer activity
12. Anti-caries activity

Traditional uses

- Fruits effectively reduce the swelling, hasten the healing and cleanse the wounds and ulcers.
- Prevents accumulation of pus in skin diseases.
- Used as anti-astringent^[11].

***Terminalia chebula*-homoeopathic use**^[12]

Terminalia chebula clinically used for constipation, bleeding piles, diarrhea, chronic dysentery, biliary colic, headache, vertigo, dropsy, skin disease, glossitis.

Mind: Indifferent, Single minded easily indisposed with constant yawning

Head: Giddiness, lasts for whole day and night Aggravation- hot, exposure to sun, movements, hard pressure Amelioration - cold bathing in evening, dry cold air, sleep, eating. Headache in the occiput & right side of the skull.

Mouth: Increased salivation with much thirst for cold water. Feels dryness in the upper jaw. Gums swollen and hard. Fetid, acrid empty eructation in the morning.

Stomach: Feels fullness in the stomach.

Abdomen: Accumulation of gas in abdomen. Aching in epigastrium and right lower abdomen. > temporarily by external pressure.

Stool: Continuous ineffectual desire for feces but passes small quantity with great effort or nothing comes out. Perspiration during feces. pain, itching in the rectum. in diarrhea, small quantity of stool passed which mixed with mucus, Accumulation of gas associated with burning in the stomach. Difficulty in passing stool-small hard stool.

Urinary complaints: Scanty urine. frequency of urination increases at night.

Respiratory complaints: Deep breathing.

Heart: Intense, pain on the right side of chest. Heaviness & pain in the cardiac region. Some feeble heartbeat, some are normal and some loud sound. Pulse for some time is fast and hard for some moments it is weak.

Back: Severe pain in the right lumbar region & lower spinal region Aggravation on sitting ameliorated by lying down in bed, sleeping.

Extremities: Pain in the right deltoid muscle.

Modalities

Aggravation: Hot, sun exposure, movement, hard pressure, exertion.

Amelioration: Bathing in cold water, after sun set, eating, closing the eyes and during complete mental and physical rest.

Dose: Mother tincture, 3X, 6X, 30.

Conclusion

The prompt increase in use of plant remedies worldwide has been appreciated by many factors, because including the concept that all herbal things are safe and effective. *Terminalia chebula* is known as the king of medicine as it has both nutritional as well as medicinal properties.

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