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Terminalia chebula

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Abstract

Medicinal plants are part and parcel of human society to combat diseases and have been considered valuable and cheap source of unique phyto-constituents which are used extensively in the development of drugs 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

World health organization stated that approximately 80 percent of world population in all developing countries believe in traditional system of medicine for their primary 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 extensively used in unani, ayurveda and homeopathic medicine. The plant has been well reported to possess antioxidant, antidiabetic, antibacterial, antiviral, antifungal, anticancer, antiulcer, antimutagenic, wound healing activities ^[3].

Synonym: Black or Chebulic Myrobalan ^[4].

History and Distribution: Terminalia chebula is found throughout South and Southeast Asia including in India, Sri Lanka, Bhutan, Nepal, Bangladesh, Myanmar, Cambodia, Laos, Vietnam, Indonesia, Malaysia, Pakistan and Thailand ^[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

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Varieties of Terminalia Chebula [6, 7]:

S. No	Varieties	Uses
1	Vijaya	All disease
2	Rohini	Wound healing
3	Putana	External application
4	Amrta	Purification procedure
5	Abhaya	Eye disorder
6	Jivanti	All disease
7	Chetaki	All disease

Phytochemical Constituent

Tannins (about 32%-34%)

Phenolics- chebulinic acid, ellagic acid and anthraquinones.

Polyphenols- corilagin, galloyl glucose, punicalagin, terflavin a, maslinic acid [13]. Besides, fructose, amino acids, succinic acid, betasitosterol, resin.

Flavonol, glycosides, triterpenoids, coumarin conjugated with gallic acids called chebulin.

Twelve fatty acids were isolated from Terminalia Chebula of which palmitic acid, linoleic acid and oleic acid were main constituents [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.
- Healing of wounds especially in burns.
- Fruits also applied in conjunctivitis- due to its anti-inflammatory property.
- Used as a mouth rinse, is an anticancer agent.
- 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: Vertigo, remains the whole day and night < by hot, sun rays, motion, hard pressure > by cold bathing in evening, dry cold air, sleep, eating. Slight headache in the occiput& right cranium.

Mouth: Profuse salivation with intense thirst for cold water. sensation of dryness in the upper jaw. gums swollen and hard. foul breath. fetid, acrid empty eructation in the

morning. flabby, dry, brown coating on the tip of the tongue, sour and raw tongue.

Stomach: Sensation of fullness in the stomach.

Abdomen: Distention, rumbling and gurgling. pain in epigastrium and right lower abdomen. slight pain in the region of liver.

> temporarily by external pressure.

Stool: Frequent ineffectual desire for stool but passes only a small quantity with great force or nothing comes out at all. sweat during stool. pressive pain. itching and sensation of fullness in the rectum. in diarrhea, small quantity of feces mixed with mucus, flatulence associated with burning in the stomach. constipation-small hard stool.

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

Respiratory Complaints: Deep breathing.

Heart: Intense, pressive pain on the right side of chest. pressure, pain in the cardiac region. few heart beats are feeble or have a low sound, few are normal and some have a loud sound. pulse for some moments is rapid and hard for some moments it is weak.

Back: Intense pain in the right lumbar region and lower spinal column < on sitting > by lying down in bed, by sleeping. pain in the back of the neck.

Extremities: Muscular pain in the right deltoid muscle. itching > by scratching.

Modalities

< by hot, sun rays, motion, hard pressure, exertion.

>by cold bathing, evening, cold dry air, during sleep, eating, closing the eyes and during complete mental and physical rest.

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

Conclusion

The prompt increase in utilization of herbal remedies worldwide has been inspired by several factors, including the concept that all herbal things are safe and effective. And so investigation on medicinal plants is increasing day by day. Terminalia chebula is known as the king of medicine as it has a biodiversity of both nutritional as well as medicinal components. It is suggested that any herb or plant ingredients taken must be tested before being used as a remedy.

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