

ARJUNA

(Terminalia arjuna)

Clinical Summary

Actions

- Cardioprotective
- Heart Tonic
- Hypotensive
- Hypolipidaemic
- Inotropic
- Antioxidant
- Anti-inflammatory
- Cytoprotective
- Antiulcer
- Apoptosis Inducing
- Antidiabetic
- Antibacterial
- Antiviral
- Vulnerary
- Astringent
- Antipyretic
- Demulcent
- Expectorant
- Antidysenteric

Indications

- Chronic cardiovascular diseases including chronic, stable angina, mild congestive heart failure, weakness of the heart, hypertension hypercholesterolaemia & metabolic syndrome
- Adjuvant during chemotherapy
- Antioxidant therapy in diabetes
- Gastric ulceration
- Difficulty in urination
- Diarrhoea
- General detoxification
- Menstrual disorders such as menorrhagia
- Topically to improve wound healing, bleeding gums

Traditional Use

Arjuna is a popular Indian medicinal plant, its bark being used as a cardiotonic agent from time immemorial. This well-known heart tonic is used extensively in cardiac debility and is best known for its special properties of strengthening the muscles of the heart and subsequent improved pumping

activity of the heart. It was Acarya Vagbhata, an influential classical writer of Ayurveda in the 7th Century, who indicated for the first time that arjuna was used for treating heart disease.

Energetics

Bitter, cooling, pungent, light and dry.

Constituents

Triterpenoids, including arjunin, arjunic acid, arjunolic acid, arjungenin, and terminic acid. The bark also contains glycosides, including arjunetin, arjunoside I, arjunoside II, arjunaphthanololide and terminoside A; sitosterol; flavonoids, including arjunolone, arjunone, bicalcin, luteolin, gallic acid, ethyl gallate, quercetin, kempferol, pelargonidin, oligomeric and proanthocyanidins; tannins and minerals. The bark also contains large amounts of carbonates of calcium and sodium.

Use in Pregnancy

Traditionally contraindicated during pregnancy.

Contraindications and Cautions

None known.

Drug Interactions

It has been used concurrently with statins (cholesterol lowering drugs) with good results although information about interactions with long-term statin therapy is lacking.

Administration and Dosage

Liquid extract 1:1 in 45% alcohol
15 to 40mL weekly