



**A REVIEW ON HARITAKI (TERMINALIA CHEBULA Retz.) W.S.R. TO KALPA  
STHANA OF HARITA SAMHITA: A CONCEPTUAL STUDY**

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**ABSTRACT**

The matter for every subject is scattered in different *Samhitas* and have to take great efforts if anyone wants to search for details about a particular topic. Some of the medicinal herbal drugs mentioned in *Ayurveda Samhitas* play an important role in day to day life as diet and medicine. *Harita Samhita* was written in between 6<sup>th</sup> to 7<sup>th</sup> century AD. This book is written in discussion module, and the conversation was between *Atreya Punarvashu* and *Acharya Harita*. He has proposed his own new concepts in his texts. The present scripture is explained into six divisions, viz; *Prathamasthana*, *Dwitiyasthana*, *Chikitsasthana*, *Sutrasthana*, *Kalpasthana*, *Sharirasthana*. In *kalpasthana* of *harita samhita*, totally five chapters mentioned which deals with several important drugs used in different doses forms acc to diseases. An attempt of review on *Haritaki* made here to enlighten on *Kalpa sthana* by taking *Harita samhita* as standard. As this work might fulfill of exact information about *Terminalia chebula* i.e *Haritaki*, its medicinal properties and their uses in different diseases condition.

**KEYWORDS:** *Haritaki, Harita Samhita, Kalpa Sthana.*

**INTRODUCTION**

Basically *Samhita* is a Sanskrit term that may be meaning “to arrange together in combination” or “a structured union of verses or texts.” From the root words, ‘*Sam*’ means accurate and proper and ‘*Hita*’ means beneficial or fruitful. In ancient time *Hindu’s* and *Yogic* literature, the *Samhitas* are the earliest element of the Vedas. It contains mantras, prayers, litanies and hymns to God. *Hindus* believe that the texts were received direct from God by scholars, and that they were then passed on orally for thousands of years.<sup>[1]</sup> *Harita Samhita* is one of the structuring dynamics of *Rig-Veda*. It is an Ayurvedic text composed by *Acharya Harita*, one of the six disciples of *Atreya*, Who was renowned person in the history of Ayurveda. His work dates around 1000 BC, It is the conversation between the *Maharshi Atreya* and *Acharya Harita*. The *Harita Samhita* text is divided into six parts, viz; *Prathamasthana*, *Dwitiyasthana*, *Chikitsasthana*, *Sutrasthana*, *Kalpasthana*, *Sharirasthana*. As the *Acharya harita* was the devotee of Lord *Shiva* so the *samhita* begin with *Mangalacharana*, discussion goes on which *Acharya Harita* has put his queries about *kalpas* to *Atreya Punarvashu* then he stated his concept describing in five *adhyayas* of *kalpa sthana*; hence the *kalpa sthana* of *harita samhita* has point out explanation of pharmacological action, therapeutic significations and

types of *Haritaki*, *Triphala*, *Rasona* and *Guggulu*. Previously *Haritaki* have been assed for various activities. Clinical studies showed antibacterial activity, anti-inflammatory activity and cardio protective activity of *Haritaki* has been proved.<sup>[2]</sup> as well as *haritaki* was reviewed as *Ekal dravya chikitsa* in *Brihatrayee*.<sup>[3]</sup> also *Terminilia chebula* was summarizes the scientifically literature on pharmacological potential and chemical composition.<sup>[4]</sup>

There for in present study to find out probable mechanism of action; the different pharmacological activities, types and characteristics of *Haritaki* which given in *Kalpa sthana* of *Harita samhita*.

**AIM & OBJECTIVE**

To review on *Haritaki (Terminalia chebula Retz.)* W.S.R. to *Kalpa sthana* of *Harita samhita*.

**MATERIAL AND METHODS**

**Source of Data for Conceptual Study**

**Material**

- *Samhita* from different commentaries and other texts of ayurveda.
- Texts of allied medical sciences.
- Journals, research papers, articles from different online

publications.

- Subject related information available on internet.

### Methods

An overall compilation of *Haritaki* in 1<sup>st</sup> and 3<sup>rd</sup> chapters of *Kalpa sthan* from Ayurvedic point of view was significantly analyzed. The final Framework of conceptual study was prepared by collection, compilation and understanding the concept of *haritaki Kalpa* given in *Kalpa sthan* of *Harita Samhita*.<sup>[5,6]</sup>

### Review of Literature

#### Definition of *Kalpa sthan*

It deals with the study of formulations used in therapeutic and *Shodhan chikitsa* purpose.<sup>[7]</sup>

### Infrastructure frame work of *Kalpa Sthana*

#### Classification of *Adhyaya*'s

1. *Haritaki Kalpa*
2. *Triphala Kalpa*
3. *Haritaki Kalpa*
4. *Rason Kalpa*
5. *Guggulu Kalpa*,

#### The 1<sup>st</sup> & 3<sup>rd</sup> Chapter '*Haritaki Kalpa Adhyaya*'

- **Origin:** as per mythological concept *Haritaki* originated by lord *Indra* while he was consuming *Amrit*, few drops fell on earth and those drops was converted in to the *Haritaki*.<sup>[8]</sup>
- **Pharmacology (Rasa):** *Haritaki* contains five Rasas that is *Kashaya* (astringent), *Amla*(sour), *Katu* (pungent), *Tikta*(bitter) and *Madhura*(sweet).<sup>[9]</sup>

**Table 1: Location of Five rasas in *haritaki*.**<sup>[10]</sup>

Location/Part	Taste
Fruit Coat ( <i>Twak</i> )	Pungent( <i>Katu</i> )
Pulp ( <i>Meda</i> )	Astringent( <i>Kashaya</i> )
Internal Pulp ( <i>Medantare Bhaga</i> )	Sour ( <i>Amla</i> )
Seed ( <i>Asthi</i> )	Sweet ( <i>Madhur</i> )
Internal Part of Seed ( <i>Antarasthi</i> )	Bitter ( <i>Tikta</i> )

**Table 2: *Ras-Dosha* Relation.**<sup>[11]</sup>

Sour ( <i>Amla</i> )	<i>Vata Shamak</i>
Sweet & bitter ( <i>Madhur &amp; Tikta</i> )	<i>Pitta Shamak</i>
Pungent & astringent ( <i>Katu &amp; Kashaya</i> )	<i>Tridosha Shamak</i>

**Table 3: Types and place of occurrence of *Haritaki*.**<sup>[12]</sup>

Types	Occurrence
<i>Vijaya</i>	<i>Vindhya</i>
<i>Rohini</i>	<i>Vidisha</i>
<i>Putana</i>	<i>Maagadh</i>
<i>Jivanti</i>	<i>Saurashtra</i>
<i>Chetaki</i>	<i>Champa</i>
<i>Abhaya</i>	<i>Himalaya</i>
<i>Amrita</i>	<i>Sarayu</i>

**Table 4: Specific Utilities of types of *Haritaki*.**<sup>[13]</sup>

Types	Therapeutics & pharmaceuticals
<i>Abhaya</i>	Ophthalmic diseases ( <i>Netraroga</i> )
<i>Kalika</i>	Diseases of head ( <i>Shiroroga</i> )
<i>Vijaya</i>	All kinds of uses ( <i>Sarva Prayoga</i> ) specially in pediatrics
<i>Rohini</i>	Healing of wounds ( <i>Kshat Roga</i> )
<i>Putana</i>	Ointment & paste ( <i>Lepa</i> )
<i>Amrita</i>	Ointment & paste ( <i>Lepa</i> )
<i>Chetaki</i>	All kinds of uses ( <i>Sarva Prayoga</i> )
<i>Jivanti</i>	Powder ( <i>Churna</i> )

**Table 5: Identification criteria of types of *Haritaki*.**<sup>[14]</sup>

Types	Identification criteria
<i>Rohini</i>	Having three lining, yellowish
<i>Amruta</i>	Thick pulp, blackish & whitish
<i>Abhaya</i>	Having five lining
<i>chetaki</i>	Having three lining
<i>Putana</i>	Having four lining

<i>Jivanti</i>	Professed pulp
<i>Vijaya</i>	Bluish color

Table no. 6: Measurements of *Haritaki*.<sup>[15]</sup>

Types	Measurements
<i>Abhaya</i>	2 Angula
<i>Putana</i>	4 Angula
<i>Jivanti</i>	1.5 Angula
<i>Chetaki</i> (Blackish)	6 Angula
<i>Chetaki</i> (Whitish)	1 Angula

Table 7: Seasonal intake of *Haritaki* with Adjuvant (*Anupana*).<sup>[16]</sup>

Season (Ritu)	Adjuvant ( <i>Anupana</i> )
Autumn ( <i>Sharad</i> )	Sugar ( <i>Sita</i> )
Winter ( <i>Shita</i> )	Dry Ginger & Jaggery ( <i>Shunthi &amp; Guda</i> )
Post Winter ( <i>Shishira</i> )	Rock Salt ( <i>Saindhav</i> ) With <i>Pippali</i> Fruit
Spring ( <i>Vasant</i> )	<i>Trikatu</i> With Jaggery
Summer ( <i>Grishma</i> )	Sugar & Dry Ginger
Rainy ( <i>Varsha</i> )	Rock Salt & Ghee

Table 8: Different uses of *Haritaki* in Specific condition.<sup>[17]</sup>

Diseases	Mode of administration
<i>Rasayanartha</i>	After meal with ghee
<i>Amavata &amp; koshtagata vata</i>	<i>Kalka</i> with ghee
<i>Pathyahara</i>	<i>Haritaki</i> with <i>Erand</i> taila
<i>Shoola</i>	After consuming with same oil
<i>Vatodara</i>	<i>Haritaki</i> with <i>Dhanyak tusha siddha jala</i>
<i>Pleeha, Anaha, Urograha, Pandu, Krimi</i>	The recipe containing fruit of <i>Haritaki</i>
<i>Ajirna, Udgara,</i>	<i>Kalka</i> with <i>Shunthi &amp; Saidhav lavan</i>
<i>Agnimandya</i>	With <i>Shunthi</i>
<i>Jvara</i>	With <i>Saidhava Lavana</i>
<i>Atisara</i>	With <i>Dadhi</i> and <i>Takra</i>
<i>Rajyakshma</i>	With <i>Madhu</i>
<i>Shopha, udararoga,</i>	With <i>Gomutra</i>
<i>Pandu</i>	With equal quantity of <i>Sarkara</i>
<i>Shosh, daha</i>	With <i>Matulunga Svarasa</i>

**Contra-indication of *Haritaki*.**<sup>[18]</sup>

*Trishna, Hridroga, Shosha, Kantharoga, Hanugraha, Galagraha, Nava jwara, Kshina bala rogi* and *Garbhini*

**DISCUSSION**

*Acharya Harita* explained *haritaki* in detail in two chapters of *kalpa sthana*. As per above reviewed data; table no.1 shows that *haritaki* has five rasa's except *lavan rasa* situated in different parts of *haritaki* fruit. So with the help of *Pancha rasas*, *haritaki* able to mitigate *tridosha*, we can observe in table no.2. In table no. 3, 4 and 5; seven types of *haritaki* were occurred in different regions geographically having specific therapeutic uses; each type of *haritaki* has unique quality for identification. In table no.6 shows that maximum angula pramana of *haritaki* is 6 angula; only *chetaki haritaki* further classify in two types acc to their colors and measurement. Table no.7 and 8 *haritaki* were significantly used in multiple disorders with the help of different adjuvant in different seasons. *Haritaki* also contraindicated in some condition like heart disease, pregnancy and pediatric disorders because of its purgative action.

**CONCLUSION**

As per *Harita samhita*, *Haritaki* used for every one as *Pathya*; it promotes life span, nourishment, intelligence and complexion. *Haritaki* mitigates all three *doshas*; it promotes level of wisdom, functional power of sensory organs, clarity of thoughts etc. it effectively helps in excretion of faeces and urine. It is useful in curing all the diseases of human being. In day to day clinical practice *Haritaki* can be used for prescription for *Ekal dravya chikitsa* and its formulations can also be prepared depending on disease and patients condition. Now days in ayurveda pharmaceuticals, *Haritaki* is key component of many important formulations. So this review gives evidence based results that *Haritaki* is one of the prime medicine which is explained in *Kalpa sthana* of *Harita samhita*.

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