

Chebolic Myrobalan or Harad

Latin Name(s): Terminalia chebula

English Name(s): Chebolic Myrobalan

Sanskrit / Indian Name (s): Harad, Haritaki



Cure for: The fruit contains astringent substances - tannic acid, Chebulinic acid, gallic acid etc and possesses laxative, stomachic, tonic and alterative properties. It contains a constituent which has a wide antibacterial and antifungal spectrum and inhibits growth of E.coli, the most common organism responsible for urinary tract infection. The fruit is used for hyperlipidemia and digestive disorders, including diarrhea and constipation, as well as indigestion. It is also used orally as a hepatoprotectant and for respiratory conditions, including respiratory tract infections, cough, and sore throat and dysentery. It is useful in asthma, vomiting, eye diseases, heart diseases, hiccup, etc.

Harad acts as a gentle laxative and helps in smooth evacuation. It is an effective purgative and helps in removing toxins and fats from the body, resulting in their reduced absorption. It is also useful in asthma, piles and cough, in healing of wounds and scalds. It is used as gargle against inflammation of mucous membrane of mouth.