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## Arjuna Capsules

Arjuna is a herb of choice in all cardiovascular diseases. Arjuna is known as **Arjun Myrobalan** in English. Terminalia arjuna is a large tree of 20-27m in height found in the Deccan and Sub-Himalayan parts of India and Srilanka. Arjuna helps to maintain healthy blood circulation and supports healthy cholesterol, also take care of your heart in a very natural way without any side effect.

Arjuna is cooling in nature. It contains triterpine glycosides such as arjunesteroids I, II, III, IV, arjunine and arjunetin. These are natural cardiac glycosides which makes it a very effective and panacea remedy to treat congestive heart failure or weak heart.

It contains lots of flavones i.e. natural antioxidants such as arjunone, arjunolone and leteilin along with cerasidin, b-sitosterol, friedlin, methyl oleanolate, gallic acid, ellagic acid and arjunic acids which are essential components for treating heart ailments.

Terminalia arjun bark is a rich source of saponnins, natural antioxidants (arjunone, arjunolone, leteilin), gallic acid, ellagic acid, oligomeric proanthocyanidins, phytosteroids and various minerals such as calcium, magnesium, zinc and copper. It contains Co-enzyme Q10 which is highly recommended in prevention of heart diseases which provides energy to heart muscles

### Properties -

**Hypolipidemic:** enhances the elimination of cholesterol by accelerating the turnover of LDL-cholesterol in the liver. Lowers beta-lipoprotein lipids and the recovery of HDL components in hyperlipidemia.

**Cardiac stimulant:** Strengthens the heart muscles and maintains the heart functioning properly.



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Hypotensive: Due to its hypolipidemic activity and also the diuretic property it acts against hypertension.

Astringent & Haemostatic: Useful in IBD, Ulcerative colitis and other colon disorders.

Also contains following properties -

- ✓ Anticoagulant
- ✓ Anti-Inflammatory
- ✓ Anti-Microbial
- ✓ Adaptogenic
- ✓ Antioxidant
- ✓ Digestive
- ✓ Astringent
- ✓ Appetizer
- ✓ Anti-Dyspeptic,
- ✓ Liver Stimulant
- ✓ Anthelmintic

### **Benefits OF Arjun Herb –**

- ✓ The Arjuna herb is known to raise the coronary artery flow thereby protecting the cardiac tissue from any ischemic damage. Additionally, the arjuna herb is also known to be a mild diuretic besides blood lipid lowering, blood thinning and prostaglandin properties.
- ✓ Arjuna assists in relieving gastritis and severe burning sensation in the body.
- ✓ It improves the metabolism of the body and helps to recover a person from all types of digestive disorders. This herb helps in smooth functioning of digestion process and effective production of digestive juice in the body.
- ✓ Arjuna is packed with Digestive, Astringent, Appetizer, Anti-Dyspeptic, Liver Stimulant and Anthelmintic properties that help in taking care of diseases like Ulcerative colitis, Crohn's disease, IBD up to a great extent.



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- ✓ It maintains the normal appetite of a person, increases its metabolism, enhances the production of enzymes which aids in digestion of food, stimulates the functioning of liver and relieves a person from pains, swelling and burning sensations in the body.
- ✓ It provides relief from all types of pain including muscular pain, joints pain, bleeding, pain due to acute ulcer formation etc.
- ✓ It has essential ingredients that prevents the chances of auto immune condition, gives strength to the defensive mechanism of the body and helps in restoration of a healthy immune system in a person.

#### **Indications -**

- Myocardial infraction,
- Angina pectoris
- Coronary artery disease,
- Heart failure,
- Hypercholesterolemia,
- Hypertension
- Ulcerative colitis
- Gastritis
- Asthma

#### **Dosage:**

1-2 capsules with plain water after meals