



Mehr Chand Mahajan DAV College for Women

Sector 36-A, Chandigarh

BOTANICAL NAME	<i>Terminalia arjuna</i> (Roxb. ex DC.) Wight & Arn.
COMMON NAME	Arjuna Tree, Arjun Tree
FAMILY	Combretaceae



DISTRIBUTION FUN FACT

South Africa, Asia, India and Pakistan

The name 'Arjuna' for this tree is present in the Rig Veda and Atharva Veda and means "white" or "bright", which denotes its creamy-white flowers and the shining quality of the bark of this tree.

COMMON USES

- 1) Parts are used in the treatment of fractures and ulcers.
 - 2) It has antibacterial, antimicrobial, antioxidant, anti-allergic properties.
 - 3) It helps to regenerate skin cells, hydrates and dull skin, and improves skin elasticity.
 - 4) Its fruit is good for overall health of a person.
- However, medical supervision is a must before using it for medical purpose.

REFERENCES

- 1) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5198828/#:~:text=It%20is%20used%20in%20the,antifertility%20and%20anti%20DHIV%20activities.&text=14%2C%2015%2C%2016-.T.,to%20possess%20strong%20hydrolipidemic%20properties.>
- 2) <https://www.onlymyhealth.com/arjun-fruit-benefits-1652761281>
- 3) <https://www.forestessentialsindia.com/blog/ingredient/arjuna-bark#:~:text=Arjuna%20is%20known%20for%20its,and%20sagging%20of%20the%20skin.>