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A mini review on medicinal value of *Halela zard* (*Terminalia chebula* Retz.) in Unani medicine

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Abstract

One of the most popular complementary system of medicine is Unani medicine. Nowadays, the majority of individuals worldwide depends on herbal remedies for some part of their basic medical requirements. Because there are little or no adverse effects, using medicinal plants for treatment is seem to be extremely safe. For their possible therapeutic usefulness, the majority of pharmaceutical companies are currently devoting a significant amount of their research to study therapeutic properties of plants. *Halela* (*Terminalia chebula*) is a fruit which exists in different forms like *Halela Zard*, *Halela Siyā*, and *Halela Kablī* depending upon the stage of its maturity. This classification is famous in Unani system of medicine and all these variants can take on several forms based on its maturation stage. In the Unani medical system, this classification is well-known, and all of these kinds are referred to together as *Halelajat*. From ancient times, *halela* has been a common ingredient in Unani medicine, either alone or in various compound compositions. The entire plant, which has a strong medicinal potential is traditionally used to cure a variety of human ailments. Numerous pharmacological and therapeutic properties, including hepatoprotective, gastrointestinal motility, wound healing, antioxidant, and antidiabetic properties are possessed by *Terminalia chebula* Retz. Since ancient times onwards, *halela* has been used as a popular herb in Unani medicine, either on its own or in combination with other ingredients. The entire plant is rich in medicinal potential and is traditionally used to cure a variety of human ailments. Among its many pharmacological and therapeutic properties are those related to hepatoprotection, wound healing, gastrointestinal motility, antioxidant, and antidiabetic properties with a focus on the Unani medical system, the current evaluation seeks to establish the *halela's* overall therapeutic value in order to elucidate more research in this area.

Keywords: *Halela Siyā*, *Halelajat*, *Halela zard*, unani medicine

1. Introduction

Human civilization and medicinal plants are long being connected to disease management. According to a World Health Organization (WHO) report, dependency on traditional medicines involving plant extracts or their active constituents is about 80% of preliminary health care needs due to the problems with current therapeutic regimens [1]. Global demands of medicinal plants to search for novel pharmacologically active compounds are increasing rigorously as they are available locally, in natural origin with higher safety margins and with minimal or no side effects. Moreover, over half of the modern drugs are derived from medicinal plants in one way or another. *Terminalia chebula* Retzius is a medium to large-sized tree that belongs to the Combretaceae family and is widely distributed throughout Asia. It has a few normal names like dark myrobalan, ink tree, or chebulic myrobalan (English), haritaki (Sanskrit and Bengali), Harad (Hindi), Harada (Marathi and Gujrati), Karkchettu (Telgu), and Kadukkaya (Tamil). In Tibet, *T. chebula* is called the "King of Medicine" [2]. In addition to being used commercially in numerous Unani medications to treat digestive disorders like dyspepsia, heartburn, and flatulence, as well as asthmatic liver and spleen disorders, the fruits of the species are used locally in a variety of medications and are an essential component of the herbal formulation "Triphala". It has been demonstrated that the plant performs a number of pharmacological and therapeutic roles, including wound healing, hepato-protection, antibacterial, antioxidant, and anti-diabetic in Unani medicine [3].

1.1 Botanical description

In India, it is found in the Sub Himalayan traces from Ravi eastwards to West Bengal and Assam, ascending to the altitude of 1500 m in the Himalayas.

This tree is wild in the forest of Northern India, central provinces and Bengal, common in Madras, Mysore, and in the southern part of the Bombay presidency. The fruits are collected from wild grown forest plants from early stage of ripening to quite yellow and ripe. A medium-sized tree, up to 15-25 m tall, with variable appearance, with a usually short cylindrical bole of 5-10 m length, it has spreading branches and round crown. The bark is dark brown in color; leaves are ovate with two large glands at the top of the petiole. It has yellowish white flowers in the terminal spike. The fruit are yellowish brown in color on ripe when unripe the fruit is green, 20 to 25 mm long and 15 to 25 mm wide in size. The fruit is Ovate and wrinkled longitudinally in shape. The fruits are collected from January to April, fruit formation started from November to January [4]. The phenolic acids present in *T. chebula* were reported effective against ischemic stroke, diabetes, neurological diseases and stomach ulcers [5]. The anatomical structure of *T. chebula* is shown in Figure 1.

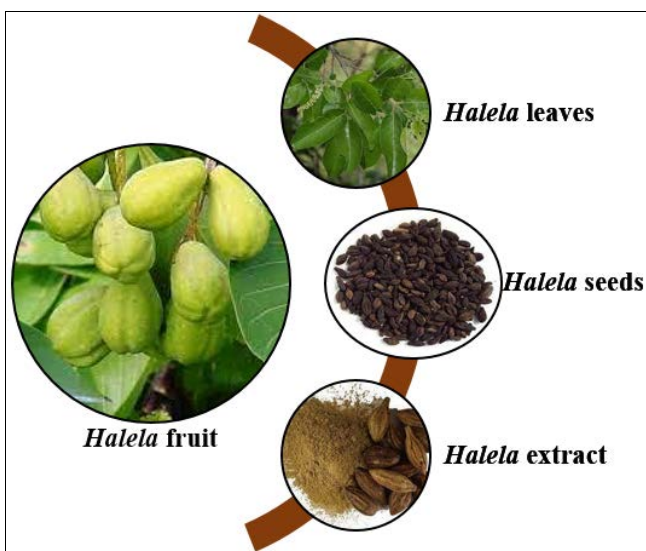


Fig 1: *Halela (Terminalia chebula)* fruit, leaves, seeds and extract [6]

2. Taxonomy [7, 8]

Botanical name: *Terminalia chebula* Retz.

Synonym: *Myrobalanus chebula* Gaertn

Family: Combretaceae

2.1 Vernacular names

English	Chebolic myrobalan, Ink tree
Arabic	<i>Halelaj</i>
Urdu	Haegarad
Persian	Halela
Hindi	Har, Harara
Sanskrit	Harra, Harada
Bengali	Haritaki

3. Description in Unani Medicine [9, 10]

3.1 Mizāj (Temperament)

The *mizāj* (temperament) of *Halelah siyah* is Cold 1° Dry 2°.

3.2 Parts Used: Dried fruit, stem, bark

3.3 Miqdar-e-Khurak (Dosage): 3-5g

3.4 Muzir asrat (Adverse effects)

Excessive dose of *Halela siyah* is considered harmful for Liver and causes constipation.

3.5 Musleh (Correctives): Almond oil (*Prunus amygdalus*), Honey.

4. Therapeutic uses: This herb has been used by Unani physicians as a medicinal plant since time immemorial to cure a variety of ailments. In India, it is a commonly used herb in the Unani, Homoeopathic, Siddha and Ayurvedic medical systems. Asthma, haemorrhoids, sore throats, gastrointestinal disorders (vomiting, anorexia, flatulence), diarrhoea, dysentery, splenomegaly, epilepsy, leprosy, skin disorders, melancholia, gout and joint pain can all be treated with this highly recommended drug in Unani Materia Medica [11]. In the well-known classical literature "*Kitab Al-Mukhtar Fi-Al-Tib*," the renowned Unani physician *Ibn Hubal* claimed that *Halela* is an excellent blood cleanser, brain tonic, eye tonic, and cardiotoxic. As a result, this herb was utilized by the Unani scholars to cure palpitations, cataracts, dementia, conjunctivitis, and *zoaf-e-basarat* (eyesight weakness). It has expectorant, astringent, and carminative properties. The "*Triphala*," is an excellent laxative for chronic constipation, a body rejuvenator, aids in poor digestion and a colon detoxifier. It is made from the "three fruits" of the plants *T. chebula*, *T. bellerica*, and *Embllica officinalis* hence called *Triphala*. [12] According to recent research, "*Triphala*" increases appetite and has anti-cancer and detoxifying properties. Unani physicians has treated patients by using fruits of *halela* plants orally and topically as well, such as piles are treated externally by using *marham* (ointment) of *halela*, which was made from *rogan gul*, *halela* powder, and *mom*. The gargle with its decoction gives excellent results in stomatitis, bleeding and ulceration of gums and sore throat. *Triphala* powder can be applied externally to wash hair as a shampoo to prevent hair fall. To strengthen the gums, *halela* in the form of a fine powder is used as a tooth paste. [13] Fruit paste works wonders in reducing swelling, hastening the healing process, and cleaning up wounds. Additionally, *halela* keeps pus away from accumulating in skin conditions. *Halela* oil, also known as *rogan* is very beneficial for wound healing particularly burns. *Halela* is used internally to treat a wide range of illnesses. The murabbah of *halela* is a great tonic for the stomach, the brain, the heart, and constipation [14]. *Zakariya Rhazi* (Rhaze's) claimed that *halela* powder has beneficial effects on the nerves of brain and also cure the ascites, splenomegaly, leprosy, colitis and headache [15].

5. Discussion and Conclusion

Halela (Terminalia chebula) holds strong antioxidant and anti-inflammatory potential that is correlated with its hepato-protective, cardio-protective, and neuro-protective properties. It works well against digestive tract illnesses and diabetes mellitus. Protecting humans from the harmful impacts of infections also heavily depends on the plant's antibacterial properties. Studies concentrating on safety assessment demonstrated that it was a safe evaluation and contains several phytochemicals and nutrients. *T.chebula* is a great herb for enhancing personal wellness. Nevertheless, before proving its clinical utility a few observational, longitudinal, and randomized control trials need to be carried out.

6. Conflict of Interest

Not available

7. Financial Support

Not available

8. References

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