



Harad/hime (myrobalan chabulic)



Botanical Name: Terminalia Chebula
Harad Fruit English Name: Myrobalan
Common Name: Harad, Harar
Plant Part: Fruit

The HARAD fruit is one of the three constituents of the famous Indian preparation Triphala, other two being – Amla (EMBLICA OFFICINALIS) & Bahera (Terminalia Belerica).

The fruit is usually two inches long, oval in shape, with dull yellow color.

There are many varieties, of which two are mainly used, survari harad and bala barad which is also known as himag. The second variety is smaller and of a deep black color. It has a wrinkled skin and does not contain any stone inside. Mostly the outer skin of the dry harad is used.

Harad (Chebulic Myrobalan) is perhaps one of the most well – known of home remedies. Chiefly it is used as a laxative which is safe and effective at the same time.

Tajagro Beleric Myrobalan For an average person, big harad, powdered and given in dose of 2-3 teaspoonfuls at bedtime, will serve the purpose.

Harad contains all the six tastes except lavana (saltish). It is hot in action, reduces the tridoshas, and the post – digestive action is beneficial. It is good for the mental faculty and it has rejuvenating properties. It can be given to patients in asthma, cough, urinary disorders, piles and in cases of swelling, blood impurities, heart disorder and other ailments.

Though it is a mild laxative and to a certain extent a purgative, it can be given in cases of chronic diarrhea, dysentery and flatulence. In small doses it works wonders. Its cold infusion can be given as a gargle for sore throat and bleeding gums. Rubbed with rosewater, it can be applied on swellings also.

Take harad, behada (beleric myrobalan) and amla (embolic myrobalan), all in equal parts, get them powdered. This is known as triphala powder. As a purgative and laxative it suits all temperaments, and it is very useful to young people suffering from spermatorrhoea and nightmares]

Note :- Rate of the products Mention in the Website will be verified by day to day fluctuation in the Indian Agro Market Actual Rate of the Products will be provide at the time of final Confirmation of Order

It keeps the bowels in good condition, removes accumulation of faeces, maintains normal appetite, improves digestion, increases red corpuscles and enriches the blood. It is a safe and reliable remedy which can be taken daily without any side reaction or habit – forming effect.

Grandma rubs the big harad on a special stone and gives the product to the small infant. It removes constipation and keeps the infant fit. It also prevents the formation of kapha in small children.

Harad (chebulic Myrobalan) is used in so many ayurvedic remedies that a separate treatise can be written on the same. Unani hakims have also employed it with success, they use it for rheumatism, constipation, severe headache, running nose, cold, catarrh, sciatica etc.

Unani hakims take all the three myrobalans in equal quantity, powder it and mix it with almond oil and honey, making a confection from it. The dose is one tola at bedtime, and this is one of the important remedies for chronic sinusitis, cough, asthma and rheumatic pains.

If you are in search of a safe and effective drug which is a general laxative, and which is at the same time a tonic with soothing and good effects on health, harad is the answer. It can be given to all and in all seasons. Only it should not be given in big doses to weak persons.

Actions and Uses:

Harad 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. It is also used orally for dysentery. It is useful in asthma, vomiting, eye diseases, heart diseases, hiccup, etc.

Benefit and uses of Chebulic myrobalan

Chebulic myrobalan (Triphala) reduce high blood pressure and hypertension and improves blood circulation.

Chebulic myrobalan widely used in Tibetan medicine.

It is strongly astringent, contracting tissues, and is therefore used for various skin imbalances and fluid discharges.

Chebulic myrobalan(Triphala) corrects constipation, cleanses and tonify the gastro intestinal tract.

Chebulic myrobalan(Triphala) is useful in asthma, piles and cough.

It is used as gargle against inflammation of mucous membrane of mouth.

Terminalia Chebula is used to treat a variety of conditions such as digestive disorders, urinary infections, diabetes, skin diseases, parasitic infections, heart diseases, irregular fevers, flatulence, constipation, ulcers, vomiting, colic pain and hemorrhoids.



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