

Terminalia Chebula - Plant



Terminalia chebula

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Description

Description for Terminalia Chebula

Terminalia chebula, commonly known as black- or chebulic myrobalan, is a species of Terminalia, native to South Asia from India and Nepal east to southwest China, and south to Sri Lanka, Malaysia, and Vietnam.

Common name	Flower colours	Bloom time	Height	Difficulty
Terminalia chebula,black-or chebulic myrobalan	Green	Early	7â€8 cm	Easy to grow

Planting and care

Dig a hole 2 to 3 times as deep as the bulbs are high and set the bulb in the hole pointy side up. Fill the hole with soil and tamp gently.

Sunlight	Soil	Water	Temperature	Fertilizer
Full Sun to Partial Shade	Well-drained soil	Medium	120-220oC	Apply any organic fertilizer

Caring for Terminalia Chebula

- Start with pruning shears for smaller growth.
- Use a pruning saw for large cuts or a chainsaw for a cut that is more than half an inch thick.

Typical uses of Terminalia Chebula

Special features: These species are Terminalia arjuna, Terminalia bellerica, and Terminalia chebula. In traditional Ayurvedic medicine,

Terminalia arjuna has been used to balance the three â€œhumorsâ€•: kapha, pitta, and vata. It has also been used for asthma, bile duct disorders, scorpion stings, and poisonings.

Ornamental use: The plant is used for ornamental purpose

Medicinal use: Haritaki â€“ Terminalia chebula â€“ Uses, Side Effects, Ayurveda Details. Haritaki fruit is one among The three, that constitute Triphala. It is a very famous rejuvenating herb. Its botanical name is Terminalia chebula and it belongs to Combretaceae family.

References

https://www.google.co.in/search?q=Terminalia+Chebula&rlz=1C1GTPM_enIN594IN594&oq=Terminalia+Chebula&aqs=chrome..69i57&sourceid=chrome&ie=UTF-8#q=terminalia+chebula+medicinal+uses https://www.google.co.in/search?q=Terminalia+Chebula&rlz=1C1GTPM_enIN594IN594&oq=Terminalia+Chebula&aqs=chrome..69i57&sourceid=chrome&ie=UTF-8#q=Terminalia+Chebula+temp