

Terminalia Arjuna – An Ayurvedic cardio protective botanical herb being used in Ayurveda since 2500 B.C

There are many diseases of our age: diabetes, cardiovascular disease, obesity and cancer, just to name a few. Three out of four of these named are specifically associated to the heart and cardiovascular system. Cardiovascular disease accounts for 40% of all deaths.

Dr. Dean Ornish published many studies showing an actual reversal of coronary artery disease using Ayurvedic concepts. Although many Ayurvedic plants have shown to help coronary artery disease, Arjuna (*Terminalia Arjuna*) by far seems to be the best plant for heart health.

Terminalia arjuna is a traditional Ayurvedic plant containing tannins, triterpenoid Saponins (arjungenin, arjunglucosides), flavonoids (arjunon, arjonolone,), phytosterols, oligomeric proanthocyanidins (OPC's), calcium, magnesium, zinc and copper.

Actions:

- Reduces the effects of stress and nervousness of the heart
- Has a diuretic and general tonic effect in cases of liver cirrhosis
- Has prostaglandin enhancing and coronary risk modulating properties
- Enhances the elimination of cholesterol by accelerating the turnover of LDL-cholesterol in the liver, increasing HDL cholesterol
- Lowers beta-lipoprotein lipids and the recovery of HDL components in hyperlipidemia
- Promotes effective cardiac functioning by regulating blood pressure and cholesterol
- Relieves hypertension
- Powerful antioxidant, protecting the heart from oxidation
- Anti-coagulant and anti-platelet action prevents blood clotting, comparable to aspirin and heparin
- Reverses damage to myocardium

Clinical Studies:

- Reduced total cholesterol, triglycerides and raising HDL cholesterol. **3**
- 62% improvement in symptoms of hypertension. **4** Angina: 50% reduction in angina episodes in patients with stable angina 5. 80% patients received symptomatic relief. Study indicated *Terminalia arjuna* comparable to nitroglycerine in reversing angina and increasing exercise capacity. **6**
- A double blind, placebo controlled trial on patients with congestive heart failure, resulted in reduced cardiac associated symptoms including dyspnoea, fatigue, oedema and walking tolerance improved. *Terminalia* was taken concomitantly with standard heart medication. **7**
- Reversed measure of heart failure from NYHA VI to NYHA I (New York Heart Association) and showed significant improvement in ejection fraction and reduction in the left ventricular muscle size.
- Potential anti mutagenic and anti carcinogenic i.e. herpes virus treatment.

Arjuna Heart™ from Ayush Herbs, Inc.

Arjuna Heart™ is a cardio protective formula based on traditional Ayurvedic medicine. The principal herb is *Terminalia arjuna* along with *Inula racemosa*, magnesium, COQ10, B6 and folic acid.

Inula racemosa has been used extensively in heart disease. It reduced ECG signs of ischemia after exercise in patients with ischemic heart disease **9** therefore, reducing the patients need for glyceryl trinitrate. Another study indicated significant anti-anginal activity, lowering diastolic blood pressure, plasma Cortisol and catecholamines. **10**

Vitamins **pyridoxine (B6) and folate (B9)** are included in Arjuna Heart™ as cofactors required for homocysteine metabolism. Clinical studies report lowered cardiovascular risk in women with the highest intake of folate and B6. **11**

Magnesium is an essential mineral in cardiac pathology, reported to increase perfusion of the myocardium, prevent stroke, decrease cholesterol and hypertension.

COQ10 improves contractility to the cardiac muscle, prevents LDL oxidation therefore acting as an antioxidant. **12**

Typical Dosage of Arjuna is 500mn of standardized extract: 1 capsule TID; safe to use in conjunction with other medication.

Arjuna Heart™ is best used for Angina, Cardiomyopathy, Congestive Heart Failure, myocardial infarction. It is effectively used in conjunction with the following products for conditions stated:

Guggal-Lip for raised cholesterol
Carditone for hypertension

References:

- 1** National Heart Foundation website:
<http://www.nhf.org.nz/index.asp?pageID=2145828139>
- 2, 3, 11, 12** Appleton J., Birdsall T., Bone K et al. *Alternative Medicine Review*, Monographs Vol 1. Idaho, USA. Thorne Research, Inc.; 2002: 411-413, 357, 105
- 4, 5, 9** Bone K. *Clinical Applications of Ayurvedic and Chinese Herbs: Monographs for the Western Herbal Practitioner 1st Ed.*, Queensland, Australia. Phytotherapy Press; 1996: 132, 133, 120
- 6, 8** Ayush Herbs, Inc. website: http://www.ayush.com/common/news/store_news.asp?task
- 7** Bharani A, Ganguly A, Bhargava KD. *Salutary Effect of Terminalia Arjuna in Patients with Severe refractory Heart Failure*. Int J Cardiol 1995; 49: 191-199
- 10** Dwivedi, S et al: Int Crude Drug Res. 27;217 (1989)