

Arjuna (*Terminalia arjuna*)

Location: Found through out Asia, but primarily in India.

Description: This is an evergreen herb with yellow flowers and conical leaves.

Properties: The bark of the arjuna tree holds calcium salts, magnesium salts, tannins and glucosides. This herb is a stimulant, tonic and astringent.

Uses: Arjuna can be used to cure hemorrhages, dysentery, diarrhea, edema, fractures, and skin problems. It can also be used to prevent heart attacks and congestive heart failure, as well as cure gonorrhoea.

Doses: Arjuna is readily available in capsule form.

Warnings: If you are planning to take this herb for congestive heart failure make sure to consult a physician prior to use.