

***Botanical Name- Terminalia arjuna***

***Common Name -Arjun plant***



### Uses

1. Medicinal Uses: Arjun plant (*Terminalia arjuna*) is used to treat heart-related ailments like heart failure, hypertension, and angina.
2. Antioxidant: It contains strong antioxidants that help in reducing oxidative stress.
3. Anti-inflammatory: Used to reduce inflammation and swelling in various conditions.
4. Liver Health: Promotes liver function and detoxification.
5. Diabetes Management: Helps in regulating blood sugar levels.
6. Wound Healing: Its bark paste is used on wounds to promote healing.
7. Diuretic: Assists in flushing out toxins and excess fluids.
8. Cholesterol Reduction: Helps in lowering bad cholesterol levels.
9. Bone Strengthening: Supports bone health and relieves pain.
10. Respiratory Health: Used to treat asthma, cough, and bronchitis.