



## A Review of *Terminalia arjuna* Effective in Treatment of Cardiovascular Disorder

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**ABSTRACT:** Cardiovascular diseases have become the leading cause of mortality in India. The epidemiological studies suggest that the ischaemia in cardiac muscle, stroke are the major causes and responsible for >80% of cardiovascular deaths. The Global Burden of disease study estimates of age standardized cardiovascular disease death rate of 272 per 10000 population in India is higher than its global average of 235 per 100000 population. Herbal medicine are also potent medicinal agents like synthetic drugs and are considered to be less toxic and having less side effect in contrast to synthetic drugs. The ultimate norm for any medicine is their specificity, stability, potency, non-toxicity, and efficacy. *Terminalia arjuna* is one of the most accepted and beneficial plant in indigenous system of medicine. Bark decoction of *Terminalia Arjuna* is used as a cardioprotective and cardiotonic in angina pectoris, poor blood circulation and for symptomatic relief in high blood pressure. The bark extract contains acids (arjunolic acid, terminic acid), glycosides (arjunetin, arjunosides 1,4) and strong antioxidants flavones, tannins, oligomeric proanthocyanodins. Both of the studies, experimental and clinical, have suggested that the crude drug possesses hypolipidemic, anti-atherogenic activities, anti-ischemic and antioxidant activity. © 2019 iGlobal Research and Publishing Foundation. All rights reserved.

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