

Plant Species

Accepted Name: *Terminalia bellirica* (GAERTN.) ROXB.

Family: COMBRETACEAE

Synonyms:

- *Terminalia bellerica* ROXB.
- *Terminalia bellerica* ROXB. var. *laurinoides* CL.

Used in: Ayurveda, Siddha, Unani, Folk

Distribution: This species is distributed in the Indo-Malesian region, Sri Lanka and Indo-China. Within India it is found throughout the plains and in the lower hills in Arunachal Pradesh and in the Western Ghats of Karnataka and Tamil Nadu.



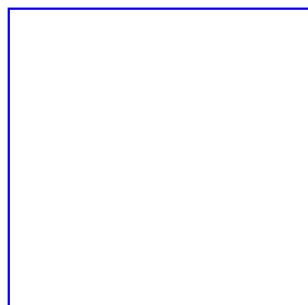
Common Uses

The fruit and seed of Bibhitaka is used in the form of powder to treat cough, asthma, diarrhoea, oedema, vitiligo, eye diseases, erysepelas, calculi, heart diseases. Oedema In all types of oedema, the paste of bibhitaka fruit-pulp reduces burning sensation and pain (CS.Ci.12.71) similarly for the same purpose paste of bibhitaka should be taken with rice-water (AS.Ci.19.3) Eye diseases Bibhitaka seed-kernel mixed with honey (and used as collyrium) removes corneal opacity (SS.U.12.31;RM.3.15) Calculus Seeds of bibhitaka are pounded and taken with wine. It removes defects of urine and destroys calculus (10-15 gms) (SS.U.58.45) Heart disease bibhitaka and asvagandha (*Withania somnifera*) pounded together and mixed with jaggery is taken with hot water. It alleviate vata vitiation in heart (palpitation, pain) (10-15 gms) (BS.vatavyadhi.60)

Herbarium



Geographical Distribution Map



Languages (No. of Names) :

Arabic (2) :

baleeq, balilaj

Hindi (19) :

baheda, bahera, bahirda, banera, behara, behera, behra, bh-aira, bh-airah, bhaira, bhairach, bharla, bhera, buhura, bulla, deshi-badam, sagona, veda, vibhitaka

Vernacular Names

- Kannada (30) :** aakaashamara, behara, dandi, kare, sadilu, santi, santikayi, shaanthi mara, shanti, shanti-mara, taare kaayi, tani, tanrikai, tare, taree, tari, tari-kayi, tenthe, thaaremara, thani, tharai, thare, thari, tharimara, tnrikayi, vibhita, vibhitaka, bedaro, bhirda, yehela
- Malayalam (9) :** adamarutha, tani, tanni, tannikai, tannikka, thaanni, thani, thare, tusham
- Marathi (20) :** baheda, bahera, baira, balra, beda, beharda, behasa, beheda, berda, bherda, bhirda, gotimg, goting, hela, sagwan, vavara, vela, yehela behada, yehelabehada, yela
- Persian (2) :** baleela, balilah
- Sanskrit (49) :** akasha, aksa, aksah, aksaka, aksha, anilaghna, baheduka, baheruha, bheruka, bheruha, bahuvirya, behedakah, bhuta-vasah, bhutavasa, bibhita, bibhitaka, bibhitakah, bibhitaki, harya, kali, kalidruma, kalidrumah, kaligrvamah, kalinda, kalivriksha, kaliyugalaya, kalkidharmaghras, kalpavriksha, karsaphala, karsaphalah, karshapalah, karshaphala, kasaghna, kushika, mrgalindaka, samvartaki, sanvarta, tailaphala, talaphala, tilapushpaka, tusha, vasanta, vasanthah, vibhitaka, vibhitakah, vibhitakam, vibhitaki, vipitakaha, vishaghna
- Tamil (115) :** akantam, akattan, akkam,akkam 1,akkana,akkandam,akkantam,akkanti,akkarattan,akkattan,akkattan#,akkattan@,akkatuti,aksam,ambalatti,ampalatti1,amutam,amutam2,ananti@,anilakkinakam,ankarattan,ankattan,aramam,ari1,atampi,atcam1,catakam,catakam2,catakam@,chattu-elupa,cirottam1,civattirumi,cuvacampokki,elitturumam,erikatpalam,ilatcuminacani2,kalanduri,kalantunri,kalanturi\$,kalanturi@,kalanturimaram,kalinkatturumam,kalinkatturumamaram,kalinkutu,kalinturuna,kalitturumam,kalivirutcam,kandugamsadagam,kantakatpalam,kantakatpalamaram,kantam3,kantukam,kantukamaram,kantukan,katpalam1,kattu-elupay,kaypalam,kuttakkini,nati,periyinati,pucavatam,punnaciayam,punnaciayamaram,putavacam,putavakini,sirottam,tailapalam1,tamkki,tan,tandi-tonda,tani,tani#,tanikai,tanikkay,tanikkay#,tanikkay@,tanikkaymaram,tanikkaymaram#,tanikkaymaram@,tankrakkai,tnni,tanri,tanrik-kay,tanrikkai,tanikkay,tapamari,tapamari#,tapamari@,thaandrakkai,thaanrikkaai,thandi,thandri,thandrikkai,thani,thanika,thantri,thantrikkai,tilaputpakam,tirilinkam,tirilinkam#,tirilinkam@,tirilinkamaram,tiripalati,tumulam,vallaimurdu,vantiriayam,vantiriayamaram,vantiyam,vantiyam 1,vatampi,vipitakam,vipitakam#,vipitakam@,vipitamaram,vittiyam
- Telugu (20) :** bhoothavaasamu,bhutavasamu,bhutavasamu tadi,kattu-olupoe,tadi,tandi,tandikaya,tandra,tandra-kaya,tani,thaadi chettu,thaani,thadi,thana,thandra,thani,toandee,toandi,vibheethakamu,vibhitakamu
- Tibetan (2) :** ba ru ra, ba-ru-ra
- Urdu (11) :** bahera, baleela, balela (bahera), halila siyah, poast bahera, poast halila zard, poast i bahera, poast-i- bahera, tirphala, tirphalo, triphala

Parts Used (No. of Names) :	Trade Name
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BARK (5) : BAHEDA CHAAL, BAHEDA CHHAL, BAHERA-CHAL, BEHDA, BEHRA

DRY FRUITS (1)	THANKIKAYALU
:	
FRUIT (4) :	BAHERA, BEHADA, BEHRA, THAANDRI
FRUIT COAT (2)	TAREKAI SIPPE, THANRIKAI
:	
FRUITS (2) :	BAHERA, BEHRA
Not recorded (11) :	BAHEDA, BAHEDA AAKHA PHAL, BAHEDA CHAAL, BAHEDA CHILKA (CHAL) NO.1, BAHEDA CHILKA (CHAL) NO.2, BAHEDA SAABUT, BAHEDACHAL, BEHARA, BEHDA, BIBHITAKI, BHAHADE KI CHHAAL, THAANNIKKA
POWDER (1) :	BEHADA



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