

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.



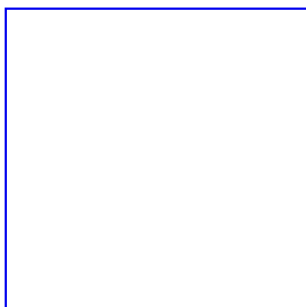
Common Uses

The fruit and seed of Bhibhitaka 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) :

Vernacular 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

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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