

## Terminalia Bellirica, Bahera - Plant



Bibhitaki is a large deciduous tree found throughout India reaches height up to 30 meters.

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Description

### Description for Terminalia Bellirica, Bahera

Bibhitaki is a large deciduous tree found throughout India reaches height up to 30 meters. Trunk of the tree is straight with brownish grey color. Leaves are long, alternate, oval and are clustered towards the end of branches.

These are 7-14cm in breadth and 10-12cm in length. Simple and solitary flowers are white or yellow in color, with offensive odor. Flowers appear in the month of May. Upper part of plant is male and lower part is female. Fruits are grey colored drupes, ovoid in shape. Sweet kernels inside the hard covering of fruit are sweet in taste, but these arenarcotic in action.

Common name	Flower colours	Bloom time	Height	Difficulty
Myrobalanus bellirica	Green	October November	1.5 to 30 feet	Easy to grow

### Planting and care

Bibhtaki is also called baheda, herb which makes the fellow fearless and this herb is one of the ingredients among triphala i.e haritaki, vibhitaki and amalaki. This herb is very effective in the nourishment of dhatus of body and in pacification of tridosha. Fruit pulp is very effective in eye nourishment, hair growth and preventing hoarseness of voice. It also has mild sedative action and is also used in insomnia. This herb works wonderfully on all seven dhatus and gives miraculous results. This plant contains various chemical compounds such as sitosterol, egalic acid, galic acid, galloyl glucose, chebugalic acid, protein, oxalic acid, tannins, galactose, glucose, mannitol, fructose, chebulasic acid and ramnose.

Sunlight	Soil	Water	Temperature	Fertilizer
Full Sun	Well drained soil	Medium	20 to 30 degrees C	Apply any organic fertilizer

### Caring for Terminalia Bellirica

Leaves are 8-20 cm long, 7.5-15 cm wide, on stalks 2.15 cm long. Flowers arise in spikes in leaf axils, 5-15 cm long. Flowers are greenish yellow, 5-6 mm across, stalklesse, upper flowers of the spike are male, lower flowers are bisexual. Stamens are 3-4 mm long.

Fruit is obovoid 1.5-2.5 cm in diameter, covered with minute pale pubescence, stone very thick, indistinctly 5 angled.

## Typical uses of Terminalia Bellirica

### Special features:

**Ornamental use:** The plant is used for ornamental purpose.

**Medicinal use:** Unverified information In traditional Indian Ayurvedic medicine, Baheda is known as "Bibhitaki;" in its fruit form it is used in the popular Indian herbal rasayana treatment triphala. This species is used by some tribes in the Indian subcontinent for its mind-altering qualities - they smoke dried kernels. Too much of this can cause nausea and vomiting.

## References

- <http://www.planetayurveda.com/library/bibhitaki-terminalia-bellerica>