



**Hon. Nishikant Bhosale-Patil
(Dada)**

Founder, Prakash Shikshan
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Prakash Shikshan Mandal's

LOKNETE RAJARAMBAPU PATIL

AYURVEDIC MEDICAL COLLEGE, HOSPITAL,

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DIST-SANGLI (MAHARASHTRA) INDIA

DEPARTMENT OF DRAVYAGUNA



BIBHITAKI

Marathi:

Botanical name:

Synonyms :

Family:

Common name:

Behada

Terminalia bellerica

Myrobalanus bellirica

Combretaceae (Rangoon creeper family)

Baheda, Belliric Myrobalan, Bastard myrobalan, Beach almond, Bedda nut tree

Description:

Baheda is a tall handsome tree, with characteristic bark, 12-50 m tall. Leaves are alternately arranged or fascicled at the end of branches, elliptic or elliptic obovate, leathery, dotted, entire. Leaf tip is narrow-pointed or rounded. 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, stalkless, 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.

Attributes:

Rasa- Kashaya- Ushna Vipaka- Madhura Guna- Laghu, Ruksha.

Medicinal uses:

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.