



# Mehr Chand Mahajan DAV College for Women Sector 36-A, Chandigarh

<b>BOTANICAL NAME</b>	<i>Aegle marmelos</i> (L.) Corrêa
<b>COMMON NAME</b>	Bel, Beal, Bhel, Stone Apple
<b>FAMILY</b>	Rutaceae



<b>DISTRIBUTION</b>	Bangladesh, India, Nepal, Pakistan and Western Himalayan region
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<b>COMMON USES</b>	<ol style="list-style-type: none"><li>1. Dried fruit pulp is used in many parts of India in preparation of summer drinks, which helps overcome sunstrokes.</li><li>2. Used in the formulation of Ayurvedic medicine for loss of appetite.</li><li>3. Traditionally the fruit has been used to treat diabetes, respiratory problem and inflammation.</li></ol>
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However, medical supervision is a must before using it for medical purpose.

<b>REFERENCES</b>	<ol style="list-style-type: none"><li>1. <a href="https://www.dabur.com/ayurveda/ayurvedic-medicinal-plants/bael">https://www.dabur.com/ayurveda/ayurvedic-medicinal-plants/bael</a></li><li>2. <a href="https://www.sciencedirect.com/topics/agricultural-and-biological-sciences/aegle-marmelos">https://www.sciencedirect.com/topics/agricultural-and-biological-sciences/aegle-marmelos</a></li></ol>
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