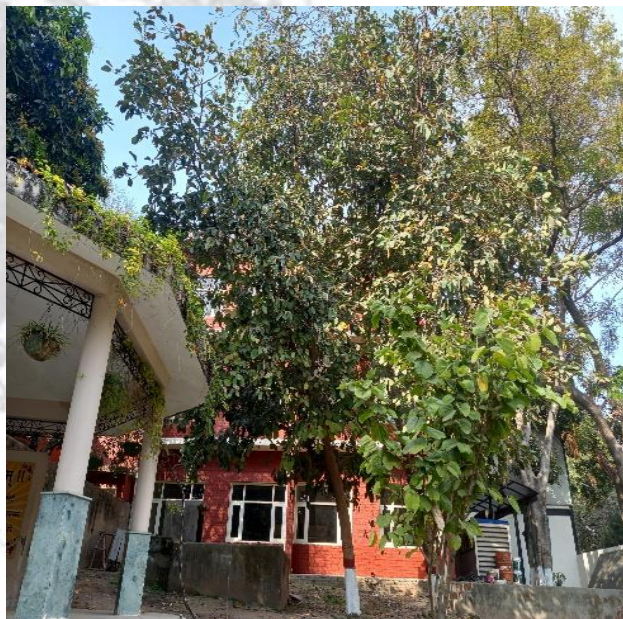




Mehr Chand Mahajan DAV College for Women

Sector 36-A, Chandigarh

BOTANICAL NAME	<i>Terminalia bellirica</i> (Gaertn.) Roxb.
COMMON NAME	Baheda, Bahera
FAMILY	Combretaceae



DISTRIBUTION

It is native to Bangladesh, Bhutan, Cambodia, China, Indonesia, Laos, Malaysia, Nepal, Pakistan, Sri Lanka, Thailand, Vietnam and India.

FUN FACT

The fruits are of great religious, cultural and medicinal value as they are the part of well known "Triphala"

COMMON USES

1. In Indian Ayurveda, baheda's fruits are used to cure dropsy, liver issues, haemorrhoids, diarrhoea. Hypertension, skin diseases, diabetes and asthma.
 2. The bark also has great medicinal value as is used as purgative, astringent and diuretic, treats diarrhoea, piles, fever, ophthalmic, leprosy.
 3. The fruits are widely used for tanning hides for sole leather. Their yield, a dye is mixed together with iron sulphate for dyeing black cloth and for preparation of ink.
 4. The fruit has narcotic properties yet is edible. Oil extracted from it is used in the preparation of hair oil, shampoos and soaps.
- However, this information must be used only under medical supervision.

REFERENCES

1. <https://www.sciencedirect.com/science/article/abs/pii/S0944711320301094>
2. [https://uses.plantnet-project.org/en/Terminalia_bellirica_\(PROTA\)](https://uses.plantnet-project.org/en/Terminalia_bellirica_(PROTA))