

BAHEDA

- Botanical Name -Terminalia bellerica
- Family Name- Combretaceae.
- Common Name –Beddanut, Beleric Myrobalans
- Part Used –fruits.
- Habitat-India, Pakistan, Sri Lanka, Uzbekistan, Bangladesh, South East Asia.

SYNONYMS

बिभीतक –BIBHITAK

Because of Which can no fear of disease.

अक्ष –Aksh

Whose area is vast.

कर्ष –Karsh

Which fruit is in weight 1 gram.

कलीद्रुम –Kalidrum

Which is tree of kaliyuga

It is large deciduous tree with the height of 50m and diameter of 30m with a rounded crown.

The outer bark is bluish or ashy-grey whereas inner bark is yellow in colour.

Young leaves are copper red in colour which turn into parrot green and later they become dark green.

Flowers are greenish white in colour usually appear along with new leaves having an offensive odour or strong

honey like smell.

Baheda fruits are grey coloured drupes, ovoid in shape.

PROPERTIES AND ACTION

Rasa (taste) – Kashaya (astringent)

Guna (qualities) – Rooksha (dry), Laghu (light)

Vipaka (taste conversion after digestion) – Madhura (sweet)

Virya (potency) – Ushan (hot)

Effect on Tridosh – Balances Kapha and Pitta

Karma- Bhedanam (Eases motion, has laxative action),

Kasanashanam (relives cough, cold)

Netrahitam (good for eyes)

Keshya (improves hair quality and promotes hair growth)

Kruminashanana (relives worm infestation)

Charak Samhita

- **Jwarghna** - Herb helpful in fever.
- **Kasaghna**- Herb helpful in cough, cold
- **Virechnopaga**- Helps to purgation therapy

SushrutSamhita

- Mustadi gana

बिभीतकं स्वादुपाकं कषायं कफपित्तनुत् ।

It has astringent taste and after digestion it sweet in taste, pacifies kapha and pitta dosha

उष्णवीर्यं हिमस्पर्शं भेदनं कासनाशनम् ॥

possesses cooling effects in touch and hot potency, Bibhitaki is used in purgation , cough,

रूक्षं नेत्रहितं केश्यं कृमिवैस्वर्यनाशनम् ।

Dry in nature, helps in eye and hair problems, worm infestation and voice hoarseness.

बिभीतमज्जातृच्छर्दिकफवातहरो लघुः ।

Seed kernel used to cure thirst, vomiting, and it is light and pacify the kaph and vat.

कषायो मदकृच्चाथ धात्रीमज्जाऽपि तदुणः ॥

Seed kernel is astringent in taste and narcotic, amla seed kernel also has same property

- In dry coughing use Baheda powder with honey.
- Baheda powder can apply to relieve burning sensation.
- It is good medicine for asthma also.

Baheda oil

- oil obtained from seeds of Bibhitaki is sweet, cold in potency good for the hair, hard to digest, mitigates Pitta and Vata.
- Its oil is called Baheda oil. It is used for nasya treatment (nasal drops) for hair growth.
- Sura of Bibhitaki (beer) is not very intoxicating, is easy to digest, good for health; not so harmful (as other wines), used in wounds, anemia, leprosy and other.

Reserch on Baheda

Antipyretic Activity

The antipyretic activity of ethanolic and aqueous extract of Baheda fruits (200 mg/kg) was studied in brewer's yeast induced fever models in mice and rats.

Antithrombolytic Activity

Used an invitro model to check the Antithrombolytic effect of alcoholic and aqueous extract of Baheda fruits. Streptokinase is used as a positive control. The study showed that extract delayed the clot formation.