

***Terminalia bellirica* (Gaertn.) Roxb.**

Family: Combretaceae

Bengali/tribal name: Baheda

English name: Belliric Myrobalan

Terminalia bellirica, commonly known as Bahera or Bibhitaki, is a medicinal tree native to Southeast Asia, particularly India. It is one of the three fruits in the traditional Ayurvedic formulation Triphala, which is renowned for its health benefits.

Here are some of the traditional medicinal uses of *Terminalia bellirica*:



1. **Digestive Health:** *Terminalia bellirica* is widely used in Ayurvedic medicine to promote digestive health. It is believed to stimulate digestion, regulate bowel movements, and relieve gastrointestinal discomfort such as indigestion, bloating, and constipation. Its mild laxative properties help in promoting bowel regularity.
2. **Respiratory Health:** Bahera is used to support respiratory health and treat respiratory conditions such as coughs, colds, and bronchitis. Its expectorant properties help in clearing mucus from the airways and relieving respiratory congestion.
3. **Antioxidant Activity:** *Terminalia bellirica* contains antioxidants such as tannins, flavonoids, and phenolic compounds, which help neutralize free radicals in the body. These antioxidants protect cells from oxidative damage and reduce the risk of chronic diseases such as cancer and cardiovascular diseases.
4. **Anti-inflammatory Properties:** Bahera has anti-inflammatory properties that can help reduce inflammation and alleviate pain. It is used in traditional medicine to relieve joint pain, arthritis, and other inflammatory conditions.
5. **Liver Health:** *Terminalia bellirica* is believed to support liver function and promote liver health. It helps detoxify the liver and improve its ability to metabolize toxins.

6. **Antimicrobial Effects:** *Bahera* exhibits antimicrobial properties against various bacteria and fungi. It is used in traditional medicine to treat infections, wounds, and skin ailments.
7. **Antidiabetic Potential:** Some studies suggest that *Terminalia bellirica* may help regulate blood sugar levels and improve insulin sensitivity. It is used in Ayurvedic medicine to manage diabetes and its complications.
8. **Cardiovascular Health:** *Bahera* is traditionally used to support cardiovascular function and treat various heart-related conditions. It may help lower cholesterol levels, improve blood circulation, and regulate blood pressure.
9. **Hair Health:** *Bahera* is also used externally in hair care products. Its extracts are believed to strengthen hair roots, promote hair growth, and prevent premature graying.
10. **Anti-aging Effects:** *Terminalia bellirica* is considered rejuvenating in Ayurvedic medicine. It is believed to have anti-aging properties that help promote longevity and vitality.

These medicinal uses are based on traditional knowledge and practices, but more scientific research is needed to fully understand the efficacy and safety of Terminalia bellirica for medicinal purposes. As with any herbal remedy, it's important to consult with a healthcare professional before using Terminalia bellirica, especially if you have underlying health conditions or are pregnant or breastfeeding.