



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

Family: Combretaceae

Common names: Behra



Description:

Terminalia bellirica is a handsome tree with characteristic bark, attaining a height up to 40 m and girth up to 1.8- 3.0 m, found in deciduous forest through out the greater part of India. Leaves are broadly ellipticle, clustered towards the end of the branches. Flowers are in solitary, simple, axillary spikes. Fruits are globular with 5 angles.

Utilization:

As a constituent of the triphala (three fruits), i.e., emblic, beleric and chebulic myrobalans, it is employed in a great number of diseases, and the kernel is sometimes used as an external application to inflamed parts. The pulp of the fruit is considered by Hindu physicians to be astringent and laxative, and is prescribed with salt and long pepper in affections of the throat and chest. Kernels are eaten by the lodha people of the Indian subcontinents for their mind altering qualities (Pal and Jain, 1989).

Part	Uses
kernel	application to inflamed parts
pulp of the fruit	astringent and laxative

References:

Pal D. C, Jain S. K; (1989) "Notes on Lodha medicine in Midnapur District, West Bengal, India", Economic Botany, Volume 43, Issue 4, pp 464-470.