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

**Family:** Combretaceae  
**Common names:** Baheda  
**Part used:** Fruit pulp, kernels

**Description:**
*Terminalia bellirica* is a deciduous tree. It grows up to 40 m in height. Its leaves are elliptic-ovovate in shape with entire margins. They are borne in axillary spikes. The flowers are pale greenish-yellow in colour with an offensive odour. Fruit is drupe with ovoid shape and contain one kernel. It appears five-angled upon drying.

**Utilization:**
It is one of the constituent of the triphala which is used in various diseases. Its kernel is sometimes used as an external application to inflamed parts. According to the Nighantus the kernels are narcotic (Dymock, 1890). Fruit pulp is considered to be astringent and laxative, and is prescribed with salt and pepper in infections 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).

**References:**