



## MINI REVIEW

### Ethnomedicinal Benefits of Baheda (*Terminalia bellerica*)

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The Medicinal plant *Terminalia bellerica* also known as Baheda is native to India and grows throughout the country especially in lower hill areas. The plant grows up to 60-80 feet height. The trunk is straight and dark brown in colour. The leaves are broad, oval and 4-8 inches long. Leaves are crowded towards the end of the branch and tips are pointed. The flowers grow in both upper and lower part. The upper flowers are male and lower flowers are bisexual. When the fruit dries, it looks like a pentagon and is fibrous. In Sanskrit, it is called as 'Vibheeta,' which actually means the one which takes away the fear of disease. The plant grows well in dry and deciduous forests of common plains. It is mostly found in South Asia such as India, Sri Lanka, Nepal, Bhutan, Pakistan, Malaysia, Indonesia and China. In India, it is mostly found in the plain dry forests of Tamil Nadu, Assam, Odisha, Gujarat, Andhra Pradesh and Kerala. The tree prefers tropical climate.

*Terminalia chebula* contains high phenolic content, especially hydrolyzable tannins, anthraquinone, flavonol, carbohydrates, glucose and sorbitol. The triterpenes have been reported which are arjun glucoside 1, arjungenin and the chebulosides 1 and 2. Other constituents contains tannins up to 30%, chebulic acid 3-5%, chebulinic acid 30%, tannic acid 20-40%, ellagic acid, 2,4-chebuloyl- $\beta$ -D-glucopyranose, gallic acid, ethyl gallate, punicalagin, terflavin A, terchebin, some purgative of the nature of anthraquinone, flavonoids like luteolin, rutins, and quercetin etc. Ellagitannin such as punacalagin, casuarinin, corilagin and terchebulin and others such as chebulanin, neochebulinic acid, chebulagic acid and chebulinic acid have been reported to be associated with the plant.



Fig 1: Plant and Fruit of Bheda

The fruit of Baheda contains chemicals like beta cetosterol, tannins, and elegendic acid. Yellow coloured oil, extracted from the seed, is highly medicinal. It is used as an astringent and a laxative tonic. It is also the most important constituent of Ayurvedic Triphala. The ripen *Terminalia bellerica* is used as a purgative. The medicinal values of Baheda are described below:

It enhances resistances of the body against diseases and infections. It is rejuvenating, prevents aging and adds longevity. The plant is useful for improving mental faculties. It cures vomiting and excessive thirst.

It cures loss of appetite and also proved anti-diarrheal because of its astringent property. Baheda is useful for piles and curing intestinal worms. The fruit is useful for curing eye-related problems such as immature cataract or any kind of infection.

It is used to lower the blood pressure and leveling the cholesterol.

*Terminalia bellerica* promotes hair growth, adds nutrition and useful against greying. The fruit chewed is believed to cure cough, cold, asthma and hoarse voice. The paste of the fruit is applied to the swollen skin.

*Terminalia bellerica* is helpful to stop bleeding. The fruit of Bahada is believed to cure bronchitis. Bahada is beneficial in curing any digestive problem.

It is also helpful for ear pain. This has been proved beneficial against jaundice, leprosy and anemia. It is also used as spice and pickle. Bahada is useful against cardiac problems, diabetes and urinary disorder. It also cures flatulence, colic pain and parasitic infection and heart disease. It regularizes body temperature and cures dyspepsia when eaten with betel nut. It is prescribed for the treatment of liver and gastrointestinal track. It also shows various antimicrobial and anti-parasitic activities. The tonic is good for brain and stomach.

*Terminalia Chebula* possess some side effects, traditional herbal practitioners not recommended use during pregnancy because it may reduce the production of breast milk. The persons suffering from fever, debility and depression the extreme use of *Terminalia chebula* grounds grave healthiness problems. People with a lean body, weak immunity, low strength, excessive sexual activity, fasted for long, had long exposure to the sun, persons having dryness or feeling lack of water in the body, alcoholics and children below 5 years of age do not advise the use of *Terminalia chebula*. VII. Conclusion *Terminalia chebula* is an herbal tree with invaluable medical applications. *Terminalia chebula* is wellknown drugs which prevent aging and imparts longevity, immunity and body resistance against disease and also used extensively in several ayurvedic formulations prescribed for infectious disease. The indigenous herbal medicinal practitioners especially in rural areas recommended for the use of *Terminalia chebula* to dairying farmers for treating mastitis infections in cows. *Terminalia chebula* hold good antimicrobial activity against mastitis isolates but some of the literatures stated that excessive use of *Terminalia chebula* possess toxic effect and also reduce the yield of milk.