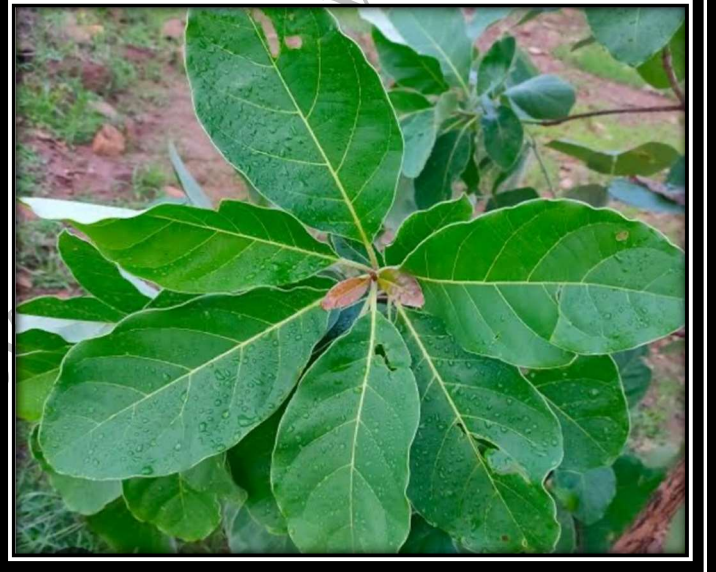


# Department of Dravyaguna Vidnyan

## Plant Name: Behada



**Plant Name: Behada (Bibhitaki)**

### Introduction

- **Botanical Name:** *Terminalia bellirica* (Gaertn.) Roxb.
- **Family:** Combretaceae
- **Common Names:**
  - **Sanskrit:** Bibhitaki, Vibhitaka, Karshaphala
  - **Hindi:** Baheda
  - **Marathi:** Behada
  - **Gujarati:** Baheda
  - **Tamil:** Thannikkai
  - **Telugu:** Tani Kadukkai
  - **Kannada:** Tare

## Significance in Ayurveda

- The name "**Bibhitaki**" means "**one that removes fear of diseases.**"
- It is one of the three main ingredients of **Triphala Churna**, along with **Haritaki (Terminalia chebula)** and **Amalaki (Embolia officinalis)**.
- It is highly valued for its **rejuvenative, digestive, and respiratory benefits**.

## Classification According to Ayurveda

- **Charaka:** Kasaya Skandha (Astringent group), Rechana (Laxative), Kasa Hara (Relieves cough)
- **Sushruta:** Nyagrodhadi Gana
- **Vagbhata:** Triphala Gana

## Morphology

- **Type:** Large deciduous tree, growing up to **20-30 meters in height**.
- **Leaves:** Large, **glossy, oval, alternate, with pointed tips**.
- **Flowers:** Small, **greenish-yellow, arranged in spikes**.
- **Fruits:** **Greyish-brown, oval, woody, with a pointed tip**.
- **Seeds:** **Hard, oily, used for medicinal purposes**.

## Distribution & Habitat

- Found **throughout India**, especially in **moist deciduous forests**.
- Common in **Madhya Pradesh, Uttar Pradesh, Maharashtra, and South India**.
- Also grows in **Sri Lanka, Nepal, Bangladesh, and Myanmar**.

## Chemical Constituents

- **Tannins** – Chebulagic acid, Ellagic acid, Gallic acid
- **Flavonoids** – Quercetin, Rutin
- **Glycosides** – Arjungenin, Belleric acid
- **Fixed oils** – Behada oil
- **Other compounds** – Resins, Saponins, and Beta-sitosterol

## Properties (According to Ayurveda)

- **Rasa (Taste):** Kashaya (Astringent), Madhura (Sweet)
- **Guna (Quality):** Laghu (Light), Ruksha (Dry)
- **Virya (Potency):** Ushna (Hot)
- **Vipaka (Post-digestive effect):** Madhura (Sweet)
- **Karma (Actions):**
  - **Rasayana (Rejuvenative)**

- **Kasa Hara** (Relieves cough and respiratory disorders)
- **Netrya** (Good for eye health)
- **Medohara** (Reduces excess fat)
- **Rechana** (Mild laxative, promotes digestion)
- **Tridoshaghna** (Balances all three doshas, especially Kapha & Pitta)

## Dosha & Dhatu Affinity

- **Dosha:** Balances **Kapha and Pitta**, mildly affects **Vata**
- **Dhatu:** Acts on **Rasa, Rakta, Meda, Asthi, and Majja Dhatu**

## Indications

- **Digestive Disorders:** Indigestion, Constipation, Hyperacidity, IBS
- **Respiratory Disorders:** Cough, Asthma, Bronchitis, Hoarseness of voice
- **Eye Health:** Conjunctivitis, Weak vision
- **Skin Diseases:** Eczema, Acne, Rashes
- **Weight Management:** Helps in reducing obesity and controlling cholesterol
- **Diabetes:** Useful in controlling blood sugar levels
- **Liver Disorders:** Beneficial in **Jaundice, Hepatitis, and Liver Detoxification**
- **Urinary Disorders:** Burning micturition, UTI
- **Reproductive Health:** Strengthens reproductive tissues, useful in spermatorrhea

## Parts Used

- **Fruits** (Dried and powdered)
- **Seeds** (Oil extracted for medicinal use)
- **Bark** (Used for external applications)

## Dosage

- **Churna (Powder):** 3-6 g with warm water or honey
- **Decoction (Kwatha):** 50-100 ml
- **Capsules/Tablets:** 250-500 mg
- **Oil (Bibhitaki Taila):** Used for external application

## Uses

### External Uses

- **Skin Health** – Used in skin diseases, acne, and boils.
- **Hair Care** – Strengthens hair, prevents dandruff, and promotes hair growth.
- **Wound Healing** – The paste of Behada fruit is applied to ulcers and wounds.

## Internal Uses

- **Digestive System**

Acts as a mild laxative, improves digestion, and relieves bloating.

- **Respiratory System**

Used in cough, bronchitis, asthma, and sore throat.

- **Cardiovascular System**

Helps reduce cholesterol and supports heart health.

- **Metabolic System**

Aids in weight loss and detoxifies the body.

## Important Yogas (Formulations)

- **Triphala Churna** – A combination of Haritaki, Amalaki, and Bibhitaki, used for digestion and detoxification.
- **Triphala Guggulu** – Used in obesity, arthritis, and inflammatory conditions.
- **Bibhitakadi Churna** – Used for respiratory and digestive disorders.
- **Dashamoola Kwatha** – Used in fever and inflammatory conditions.
- **Bibhitaki Taila** – Used in skin diseases and hair care.

## Therapeutic Uses

1. **Cough & Cold**

Bibhitaki powder mixed with honey helps relieve **chronic cough and congestion**.

2. **Constipation**

Triphala churna taken at night acts as a gentle laxative.

3. **Weight Loss & Metabolism**

Regular intake of **Bibhitaki churna** helps in **reducing fat accumulation**.

4. **Diabetes Management**

Helps in **regulating blood sugar levels and improving insulin sensitivity**.

5. **Hair Health**

Applying **Bibhitaki oil** nourishes hair and prevents premature graying.

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