

Bibhitaki



Botanical Name : Terminalia bellirica Roxb.

Family : Combretaceae

Synonyms :

Bibhitaka, Vibhitaka, Bibhitaki, Bibhita, Baibhita, Aksha, Akshaka, Kaamaghna, Kalidru Kali, Karshaphala.

Classification categorization :

Charaka : Jvara hara, Kāsa hara, Virecanopaga

Susrutha : Mustādi, Triphalā

Vagbhata : Mustādi

Morphology-

Terminalia bellirica is a large tree which grows up to 25-50 meters in height. Leaves are simple, alternate, elliptic or elliptic obovate, long petiole, crowded at shoot tip, leathery, both surface pubescent when young, glabrous at maturity.

Flowers are small, greenish yellow in axillary spikes with a strong offensive smell.

Fruit is a drupe, obovoid, gray in color, slightly 5 ridged, velvety containing one stony hard seed.

Distribution-

The tree is found almost in all parts of India, in lower parts of hills.

Chemical compositions -

fructose, galactose, glucose, mannitol, rhamnose, sitosterol, gallic acid, chebulagic acid, ellagic acid sitosterol

Properties :

Rasa- Kasaya .

Guna -Ruksha, Laghu

Virya- Usna

Vipaka -Madhura

Karma :Kapha-pittahara, Kesya, Caksusya, Bhedana, Madaksri (Phala Majja)
purgative when half ripe, astringent when ripe, antipyretic

Indication :

Jvara, Kasa, Svasa, Atisāra, Asmari, Chardi, Trisna.

Part used :

Fruit rind, seed, seed kernel

Dosage :

Powder 3-6 g

Important Formulations :

Aksh taila, Triphala churna triphala ghrta. Phalatrikadi kwatha, Lavangadi Vati; , Talisadi churna. Lavangadi churna.