

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

Common names: Bedda nut tree, Belliric myrobalan

Sanskrit name: Bibhitaki

Malayalam names: Thanni, Thannikka, Tusham

Tamil names: Thanni, Tanrikkai, Akkam, Kattuelupay, Thandri, Semmaram, Vibidagam

Hindi name: Baheda

### Description

Deciduous trees, to 35 m high, bole often buttressed; bark 10-20 mm thick, surface blackish-grey, exfoliations small, semi-fibrous; branches sympodial. Leaves simple, clustered at the tip of branchlets, 9-35 x 5-16 cm, obovate, elliptic or obovate-elliptic, apex obtusely acuminate, base obliquely cuneate, attenuate or acute, margin entire, both surface pubescent when young, glabrous at maturity, coriaceous, eglandular; petiole 15-80 mm, stout, slightly grooved above. Flowers bisexual, greenish-yellow, 5-6 mm across, in axillary spikes; peduncle puberulous; bracteoles 0.5-2 mm long, linear-lanceolate, caduceus. Calyx tube 2-2.5 x 1.3-2 mm, rusty pubescent, constricted above the ovary; lobes 5, cream, triangular, tomentose. Petals absent. Ovary 1.5 mm, inferior, tomentose, 1-celled; ovules 2 or 3, pendulous; style 4 mm, subulate; stigma small. Fruit a drupe 2-2.5 x 1.8 cm, obovoid, obscurely 5-ridged, yellowish-brown, softly tomentose; seed one, ellipsoid.

**Distribution:** Indo-Malesia and China

### Medicinal Properties

It is employed as a blood coagulant. It serves as an analgesic by lowering acetic acid secretion. Acetic acid causes an inflammatory response in the abdominal cavity, followed by nociceptors activation. Due to astringent property, provides treatment for dyspepsia and diarrhea. The presence of Fixed oil gives the half-ripe fruit gives its purgative property. The hydrolysis of the oil produces an irritating recipe. Oil is utilised in the production of soap. Gum is a demulcent and purgative substance.

Tannins in *T. bellirica* fruit extract hinder the development of germs by precipitating microbial protein and rendering nutritious proteins inaccessible to them.

*T. bellirica* is used for the kas swash disorders due to its Chedan karma. Also used

In the hypertension treatment. Many natural antioxidants, including as ellagic acid and gallic acid, have been found in *T. bellirica* fruits, giving it antioxidant properties.









