



बेहडा

Botanical Name- *Terminalia bellirica*

Family- Combrataceae

Habit- Large deciduous tree

Flowering- February- May

Fruiting- May- July

Medicinal importance:

- ❖ Fruits used in Ayurveda as herbal medicine
- ❖ Rejuvenating in nature & used for hair growth
- ❖ Fruits are antibacterial & used to treat various infections
- ❖ Important ingredient of 'Triphala', an Ayurvedic formulation used in the treatment of constipation, kidney dysfunctions, eye diseases, and sore throat.



Ecological importance:

- ❖ Larval host plant for oak blue & brown awl butterfly
- ❖ Attract pollinators when in flowering
- ❖ Fruits edible & consumed by ships, cattle & wild animals

- ❖ Best for reforestation, road side, medicinal plantations & large gardens

