



Shree Swaminarayan Ayurvedic College,

Opp. SAIJ GIDC, Swaminarayan Vishwamangal Gurukul, Kalol

BILVA



Latin name: *Aegle marmelos*

Family: Rutaceae

Regional names: બીલી (Gujarati), बेल (Hindi)

Morphology: Deciduous Tree. Spines: axillary, 2.5cm long. Leaves: trifoliate, alternate. Flowers: greenish white axillary panicles. Fruit: Berry, globose, with thick orange sweet pulp.

Synonyms: Shailusha, Tripatra, Shiveshta, Gandhapatra, Sadaphala

Rasa Panchaka:

Rasa: Kashaya Tikta,

Guna: Laghu, Ruksha

Virya: Ushna

Vipaka: Katu

Karma: Grahi, Shothahara, Arshoghna, Kapha-vatahara.

Useful parts: Moola, Patra, Phala

Indications: Atisara, Chardi, Grahani, Vatavyadhi, Agnimandya

Dosage: 2-6gm (Mula tvak churna), 3-6gm (Fruit pulp powder)

Formulations: Bilvadi churna, Bilvadi ghruta, Bilvamooladi gutika, Bilvapanchaka kwatha, Bilva taila.