



Shree Swaminarayan Ayurvedic College,

Opp. SAIJ GIDC, Swaminarayan Vishwamangal Gurukul, Kalol

VIBHITAKI



Latin name: *Terminalia bellerica*

Family: Combretaceae

Regional names: બેહેડા (Gujarati), बहेडा (Hindi)

Morphology: A large deciduous tree. The leaves are alternate, broadly elliptic or elliptic-obovate. Flowers are greenish yellow in axillary slender spikes. Fruit is an ovoid Drupe.

Synonyms: Bahedaka, Vindhyaajata, Kalidruma, Bhutavasa, Karshaphala, Kasaghna, Aksha.

Rasa Panchaka:

Rasa: Kashaya

Guna: Ruksha, Laghu

Virya: Ushna

Vipaka: Madhura

Karma: Jvarahara, Kasahara, Virechanopaga, Chakshushya, Keshya

Useful parts: Phala

Indications: Netraroga, Atisara, Shotha, Kasa, Swasa, Hrudroga, Ashmari

Dosage: Churna: 3-6gms

Formulations: Vibhitaka taila, Triphala churna, Talisadi churna, Lavangadi vati