

## Vibhitaki

**Botanical Name:** *Terminalia belerica*, Roxb.

**Family-**Combretaceae

### Regional Names

**English-**Beleric myrobalan

**Hindi-**Bahera

**Kannada-**Tare kai, Shanti Kai

**Malayalam-**Tannikai

**Marathi-**Baheda



### Introduction

*Terminalia bellirica*\* is a large tree that can grow up to 50 meters tall and 3 meters in diameter. It has a rounded crown and a buttressed trunk. The bark is brownish-gray and has shallow longitudinal fissures. The leaves are elliptic-obovate and have a prominent midrib. The flowers are pale greenish-yellow and have an offensive odor. The fruits are ovoid drupes that are initially pink and spherical, and become greyish and 5-ridged when dry.

### Basonym of Drug

Vibhitaki removes fear about disease.

### Habitat

1. Vibhitaki grows commonly in Vindhya region.

### Morphology

1. Vibhitaki blossoms in Vasanta Ritu (spring)
2. Fruits weigh about 1 Karsha (app. 10gm)
3. Kernel of Vibhitaki yield oil.



**Habit-**Large deciduous tree grows up to 60 ft. height.

**Leaves-**Gathered at the extremities of the branches, simple, alternate, coriaceous, 10-20 cm long, 7-15 cm wide, broadly elliptic or elliptic-obovate, rounded or rarely subacute, or shortly acuminate, both surfaces are puberulous when young, margin is entire, base is narrowed. main nerves are 6-8 pairs, spreading, prominent, midrib is prominent on both sides, petiole is 2-10 cm long, without glands at the apex.

**Inflorescence** - Axillary slender spike.

**Flowers**-Greenish yellow, with an offensive odour, flowers in upper part of spikes are male, which is shortly pedicelled and those in the lower part are hermaphrodite and sessile.

**Fruit**-Drupe, 1 to 2.5 cm in diameter, ovoid, grey, suddenly narrowed into a short stalk, velvety, obscurely 5-angled when dried.

**Grahya Lakshana (Genuine characteristics);**

Fruit is hard, ovoid or obovoid, more often pentagonal drupe, suddenly narrowed into a short stalk or a scar of pedicel, up to 2.5 cm long and 2 cm broad. Surface is velvety. covered with a close fulvous tomentum, having light amber colour. Fruits are dark brown to black in colour and globular in shape. The fruit contains a hard stony seed with five longitudinal ridges. The kernel is oily, having three prominent ridges. Fruit does not have any characteristic odour.

**Habitat**

Vibhitaki is very common tree found in Indian forests and plains.

**Properties and Actions**

1. Vibhitaki is very useful for sense organs.
2. Vibhitaki cures Kasa (Cough).
3. Vibhitaki fruit is very potent.
4. Vibhitaki if used removes the diseases from the root.

**Others**

1. Regarded as auspicious plant as it is abode of Goddess Kali and in ancient times it was used as dice.
2. Vibhitaki plant is an abode of Bhuta (Evil spirit).

**Classification of Dravya (Gana)**

*Charaka* : Virechanopaga, Jwarahara

*Sushruta* : Mustadi, Triphala

*Bh. Pr.Ni* : Haritakyadi Varga