

Bilva (*Aegle marmelos*)

Family Name: Rutaceae

External Morphology

Bilva - is a small deciduous glabrous tree up to 30-40 feet tall with slender drooping branches.

Leaves - Leaflets usually 3, ovate-lanceolate, lateral sessile, terminal, stalked.

Flowers - Flowers are 1½ inches, greenish white, sweet and scented.

Fruits - Fruit are 2-7 inches in diameter, globose, ablong or pyriform. Rind - is grey or yellow. Pulp - is orange coloured, sweet.

Roots - cream yellow or pale yellowish brown, thin, irregularly and shallowly ridged due to formation of longitudinal and transverse lenticels, surface ruptured and peeling off in layers.



Part Used : fruit , Bilvamazza, Patra ,mool, Tavak.

Synonyms : Maloor, Gandhgarbha, Kantaki, shreegandphala, Tripatra, Mahaphala, Shree phala, shailoosh

Raspanchak :

Rasa - Tikta and kashaya

Guna - laghu , Ruksha

Vipaka - Katu

Karma :

- Mrudhu virechan,
- Sangrahi
- Deepan
- Shothhara
- Chhrdi
- Vatahara
- Bharhgana



Pharmacological Actions

- **Digestive Health:** Treats diarrhea, dysentery, IBS, peptic ulcers, hemorrhoids (piles), and anorexia; unripe fruit acts as astringent, ripe fruit as mild laxative.
- **Anti-inflammatory & Analgesic:** Reduces swelling (edema) and pain in conditions like rib pain, inflammatory bowel disease, and general inflammation.
- **Antimicrobial & Antiviral:** Shows effectiveness against bacteria, Giardia, and rotavirus, and is used in oil/syrup for skin/ear infections.
- **Antidiabetic:** Leaf juice helps lower blood sugar; potential hypoglycemic activity noted in research.
- **Respiratory:** Alleviates cough, cold, asthma, and dyspnea (shortness of breath); leaf powder helps clear bronchial secretions.
- **Cardiovascular:** Acts as a cardiac tonic, helps with palpitations, and is used in cardiac debility.
- **Other Uses:** Jaundice, anemia, conjunctivitis, fever (antipyretic), and as a general tonic for all tissues.

Doshakarma (Effect on doshas) :

- Vata-Kapha Samak

Rogagnata (Therapeutic Indications)

- Arsha
- Madhumeh
- Karna roga
- Jwar
- Vibandha
- Atisara
- Grahani
- Prameha
- Shotha

Amayika Prayoga (Therapeutic

Administration) :Unripe Fruit Pulp: Often consumed with sugar or honey for diarrhea.

Decoction (Kashayam): Roots, bark, and leaves are boiled to make medicinal tea.

Powder: Dried fruit powder is used for remedies.

Juice: Ripe fruit is used to make sherbet, which acts as a cooling, digestive, and refreshing drink.

Paste: Leaves are crushed to make paste for skin conditions .

Digestive Disorders (Primary Use):Unripe

Fruit: Highly effective for diarrhea, dysentery, and irritable bowel syndrome (IBS) due to its astringent and tannin-rich properties.

Ripe Fruit: Acts as a laxative to relieve chronic constipation.

Leaves: Used to treat stomach issues, including acidity and bloating.

Respiratory Support: Bilva leaves are traditionally used to manage asthma and other respiratory conditions.

Anti-inflammatory & Pain Relief: It is part of *Dashamoola* (a group of ten herbs) used for treating inflammation and pain.

Skin Diseases & Wounds: Topical application of leaf paste is used for healing wounds and treating skin disorders.