

# Baheda

Baheda or Terminalia bellirica is an important medicinal tree found throughout India. It belongs to the Combretaceae family and is known for its numerous health benefits. It is commonly known as Baheda or Bibhitaki and is one of the three fruits in the Ayurvedic formula known as Triphala. This tree is highly valued in Ayurveda for its medicinal properties, and is considered a sacred tree in many parts of India.

Tree Characteristics	Description
Common Name	Baheda
Scientific Name	Terminalia bellirica
Maximum Height	30 meters (98 feet)
Diameter of Crown	10-15 meters (33-49 feet)
Diameter of Trunk	2-3 meters (6.5-10 feet)
Years to Grow	50-60 years
Economic Benefit	Used in Ayurvedic medicine, timber for furniture and paper

## Uses of various tree parts of Baheda

Baheda tree (Terminalia bellirica) is a medicinal tree that is widely used in Ayurvedic medicine. It is valued for its various parts, which have a wide range of uses.

**Fruit:** The fruit of the Baheda tree is used in various forms to treat respiratory problems like cough, bronchitis, and asthma. It is also used to improve digestion, treat diarrhea, and as a laxative.

**Bark:** The bark of the Baheda tree is used to treat various skin diseases, wounds, and ulcers. It is also used to treat

eye problems like conjunctivitis and night blindness.

**Leaves:** The leaves of the Baheda tree are used to treat various eye diseases, such as myopia and cataracts. They are also used to treat various respiratory diseases, such as bronchitis and asthma.

**Seeds:** The seeds of the Baheda tree are used to treat diarrhea and dysentery. They are also used as a digestive aid and to relieve constipation.

**Wood:** The wood of the Baheda tree is used to make furniture, carvings, and decorative items. It is also used as fuelwood and for charcoal production.

**Roots:** The roots of the Baheda tree are used to treat various gastrointestinal problems, such as dyspepsia and abdominal pain.

Overall, the Baheda tree is a valuable resource for its medicinal properties and various uses. Its different parts have been used for centuries in traditional medicine and continue to be used today.



## Physical characteristics

The Baheda tree is a medium to large-sized deciduous tree that can grow up to a height of 30 meters. The bark of the tree is grey and smooth, with a few vertical cracks. The tree has a large and spreading crown, with numerous branches that spread in all directions. The leaves of the tree are dark green, large and shiny, with a leathery texture. The flowers of the Baheda tree are small and yellowish-white in color, and bloom during the summer months. The fruits of the tree are large, ovoid, and yellow in color when ripe.



## **Ecological role**

The Baheda tree has immense ecological importance. It is used for soil conservation, as its leaves help in enriching the soil by increasing the nitrogen content. It also helps in preventing soil erosion and water runoff. The tree provides shade and shelter to a variety of birds, insects and animals.

## **Importance to Birds, animals and insects**

The Baheda tree is an important source of food for many birds and animals. The fruits of the tree are eaten by monkeys, squirrels, and birds such as barbets and bulbuls. The leaves of the tree are eaten by cattle, and the bark of the tree is used by elephants as food.



## **Soil and climatic conditions**

The Baheda tree prefers well-drained soils and can tolerate a wide range of soils, including sandy, loamy and clay soils. It can also tolerate a range of climatic conditions, including drought and high temperatures.

## **States where it is found naturally**

The Baheda tree is found throughout India, especially in the central and southern regions. It is commonly found in the states of Madhya Pradesh, Maharashtra, Rajasthan, Gujarat, Karnataka, and Andhra Pradesh.

## **Different stages of tree growth in detail**

The Baheda tree grows in stages. In the initial stage, the tree grows slowly, and it takes about five years for the tree to reach a height of one meter. After this, the tree grows rapidly, and it can reach a height of up to 10 meters in 10 years. The tree starts bearing fruits after 10 years of growth.



# How farmers are benefited by growing it under agroforestry

Farmers can benefit greatly from growing Baheda trees as part of agroforestry. The tree provides many economic benefits, as it is in high demand for its medicinal properties. The fruits of the tree are used in Ayurvedic medicines, and the demand for these medicines is increasing day by day. The wood of the tree is also used for making furniture, and the bark is used for tanning leather. The tree also has great potential for carbon sequestration, which can provide additional income to farmers through carbon credits.



## Conclusion

The Baheda tree is a valuable tree with immense ecological and economic importance. It is a popular medicinal plant in Ayurveda, and its fruits are used in many Ayurvedic formulations. It is also an important source of food and shelter for birds and animals. The tree has great potential for use in agroforestry, and farmers can benefit greatly from

growing it.

