

THE AYURVEDIC PHARMACOPOEIA OF INDIA

PART- I VOLUME – I



GOVERNMENT OF INDIA
MINISTRY OF HEALTH AND FAMILY WELFARE
DEPARTMENT OF AYUSH

[Contents](#) | [Monographs](#) | [Abbreviations](#) | [Appendices](#)

[Legal Notices](#) | [General Notices](#)

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17. Bibhitaka (Fr.)

BIBHĪTAKA

Bibhītaka consists of pericarp of dried ripe fruits of *Terntinalia belerica* Roxb. (Fam. Combretaceae), a large deciduous tree, 10-12 m or more high, commonly found in plain and forests upto 900 m elevation, fruits ripen towards November.

SYNONYMS

Sanskrit	:	Vibhīta, Akṣa, Akṣaka
Assamese	:	Bhomora, Bhomra, Bhaira
Bengali	:	Bayada, Baheda
English	:	Beleric Myrobalan
Gujrati	:	Bahedan
Hindi	:	Bahera
Kannada	:	Tare kai, Shanti Kayi
Kashmiri	:	Babelo, Balali
Malayalam	:	Tannikka
Marathi	:	Baheda
Oriya	:	Baheda
Punjabi	:	Bahera
Tamil	:	Thanrikkai
Telugu	:	Thanikkaya
Urdu	:	Bahera

DESCRIPTION

a) Macroscopic

Fruit nearly spherical to ovoid, 2.5-4.0 cm in diameter, fresh ripe fruits slightly silvery or with whitish shiny pubescent surface, mature fruits grey or grayish brown with slightly wrinkled appearance, rind of fruit shows variation in thickness from 3-5 mm, taste, astringent.

b) Microscopic

Transverse section of fruit shows an outer epicarp consisting of a layer of epidermis, most of epidermal cells elongate to form hair like protuberance with swollen base, composed of a zone of parenchymatous cells, slightly tangentially elongated and irregularly arranged, intermingled with stone cells of varying shape and size, elongated stone cells found towards periphery and spherical in the inner zone of mesocarp in groups of 3-10, mesocarp traversed in various directions by numerous vascular strands, bundles collateral, endarch, simple starch grains and some stone cells found in most of mesocarp cells, few peripheral layers devoid of starch grains, rosettes of calcium oxalate

and stone cells present in parenchymatous cells, endosperm composed of stone cells running longitudinally as well as transversely.

IDENTITY, PURITY AND STRENGTH

Foreign matter	Not more than	2	per cent, Appendix	2.2.2.
Total Ash	Not more than	7	per cent, Appendix	2.2.3.
Acid-insoluble ash	Not more than	1	per cent, Appendix	2.2.4.
Alcohol-soluble extractive	Not less than	8	per cent, Appendix	2.2.6.
Water-soluble extractive	Not less than	35	per cent, Appendix	2.2.7.

CONSTITUENTS - Gallic acid, tannic acid and glycosides.

PROPERTIES AND ACTION

Rasa	:	Kaṣāya
Guna	:	Laghu, Rūkṣa
Virya	:	Uṣṇa
Vipaka	:	Madhura
Karma	:	Cakṣuṣya, Keśya, Kaphapittajit, Bhedaka, Kṛmināśana, Kāśahara

IMPORTANT FORMULATIONS - Triphalā Cūrṇa, Triphalādi Taila, Lavaṅagādi Vaṭī

THERAPEUTIC USES - Chardi, Kāsa, Kṛmiroga, Vibandha, Svarabheda, Netraroga

DOSE - 3-6 g of the drug in powder form.