

## ***Belliric Myrobalan or Bahera***

**Latin Name(s):** Terminalia bellirica / Terminalia belerica

**English Name(s):** Belliric Myrobalan

**Sanskrit / Indian Name (s):** Bahera , Kalidruma, Karshaphala, Vibhitaki



**Cure for:** The plant has many curative properties and used for treating various ailments. Mainly the fruit of this herbal tree is used in medicines. The extract derived from the fruits named belliric myrobalan has unique astringent and laxative properties. The fruit is useful in vitiated condition of Kapha and Vata, sore throat, cough, diabetes, colds, asthma, indigestion, worms, tonsillitis, whooping cough, bronchitis, pharyngitis, vomiting, ophthalmopathy, leprosy, fevers, ulcers, and general debility.