

Product Details

Baheda, Bhibhitaka

Baheda is a deciduous tree native to India and Southeast Asia. The fruit is known for its medicinal properties and has been traditionally used in Ayurvedic medicine as a digestive aid and for respiratory health. Baheda is often included in formulations aimed at promoting overall wellness.



Terminalia bellirica

Beleric Myrobalan

Active Ingredients

40% Tannins

Part Used: Fruit Pericarp



Ratio: 4:1 (Dry Extract)

Purity: 100%

Shelf Life: 36 Months

Medicinal Uses

Baheda forms an important ingredient in the well-known Ayurvedic formulation of Triphala. Renowned for its detoxifying, anti-inflammatory, and rejuvenating properties, Baheda offers a plethora of health benefits. It aids digestion, relieves constipation, and eliminates toxins from the body. The antioxidant-rich composition supports liver health and strengthens the immune system. Further, Baheda proves effective in managing respiratory ailments like asthma, cold, and cough by reducing mucus production. Besides its internal benefits, Baheda promotes hair growth and prevents early graying of hair. It helps in maintaining normal body weight and healthy metabolism regularly. It is an indispensable addition to a general health care scheme.

Form: Powder*

* Soft/Paste form also available

Size: 1kg, 5kg, 25kg

Packaging Type: HDPE Drum

Country of Origin: India

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Premium Botanical Extracts,
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LET'S TALK

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