

Product Information

Baheda, Bhibhitaka

Baheda, Bhibhitaka 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

Dry Powder Extract

Active: 40% Tannins
Ratio: 4:1

Soft Paste Extract

Active: 25% Tannins
Ratio: 3:1

Part Used: Fruit Pericarp



Medicinal Uses

Terminalia bellirica is traditionally used in Ayurveda for its medicinal properties. 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.

Purity: 100%
Shelf Life: 36 Months
Size: 1kg, 5kg, 25kg
Country of Origin: India

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Premium Botanical Extracts,
For Over **25+ years**

LET'S CONNECT

Factory Address:
Village Facher, Tehsil Nimbahera,
District Chittorgarh-312 620 (Raj.)

Mobile: +91 98873 44111, 98874 66111
work@anjumextraction.in

www.anjumextraction.in

anjumextraction



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