



## VIBHITAKI- A REVIEW

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**Abstract:** Vibhitaki (*Terminalia belerica*) is popularly known as the ingredient of Triphala. The tree is abundantly found in the forests and plains of India. It is very useful in various diseases like Kasa, Visarpa, Mukha roga, asmari etc. It is proven to have antihypertensive activity, antiulcer activity etc. The present review covers the properties and uses of Vibhitaki along with categorization and research studies etc..

**Index Terms -** Vibhitaki, *Terminalia belerica*, Triphala.

### I. INTRODUCTION

#### 1. Introduction

Vibhitaki is a widely used drug in Ayurveda. It is one of the ingredients of Triphala along with haritaki and amalaki. The drug is botanically identified as *Terminalia belerica* belonging to the family Combretaceae. It is a large deciduous tree found abundantly in India, Burma and Ceylon. The drug is useful in curing many diseases like kasa, visarpa, asmari etc.

#### 2. Synonyms<sup>(1)</sup>

Vibhitaki is known by several synonyms. Of these Aksha, Karsha, Kaidruma, Vibheetaka are mentioned by almost all acharyas. Other synonyms include Taila phala, Bahedaka, Bahuveerya etc..

**Table 1: Interpretation of Synonyms**

Synonyms	Interpretation of Synonyms
Aksha	Beneficial for sense organs
Karsha phala	fruit weighs about 1 karsha (12 g)
Taila phala	kernel of vibhitaki yield oil
Bahuveerya	fruit is very potent
Kali druma	regarded as auspicious plant as it is abode of goddess kali
Bhoota vaasa	abode of bhuta
Vindhya jaata	grows commonly in vindhya region

#### 3. Categorization of *Vibhitaki* in different Ayurveda classics

**Table 2: Categorization of *Vibhitaki* in different Ayurveda classics**

Charaka Samhita	Jwarahara, Virechanopaga
Susruta Samhita	Triphala, Musthadi
Bhavaprakasha Nighantu	Haritakyadi
Dhanwanthari Nighantu	Gudoochyadi
Nighantu Adarsh	Haritakyadi
Raja Nighantu	Amradi

#### 4. Vernacular Names <sup>(2)</sup>

Assam: Bhomora, Bhomra, Bhaira

Bengal: Bayada, Baheda

English: Beleric Myrobalan

Gujrat: Bahedan

Hindi: Bahera

Kannada: Tare kai, Shanti Kayi

Kashmiri: Babelo, Balali

Malayalam: Tannikka

Tamil: Thanrikkai

Telugu: Thanikkaya

Marathi: Baheda

#### 5. Pharmacological Properties of *Vibhitaki* in different Ayurveda Classics

**Table 3: Pharmacological properties of *Vibhitaki* in different Ayurvedic classics**

Text	Rasa	Guna	Veerya	Vipaka	Dosha Karma
Ashtanga Hrdaya	Madhura, Amla, Kashaya	Laghu, Rooksha, Ushna	Usna	Katu	Tridosahara
Charaka Samhita	Madhura, Amla, Kashaya	Rooksha	Usna	Katu	Tridosahara
Susruta Samhita	Kashaya	Laghu, Snigdha, Ushna	Ushna	Madhura	<i>Kaphapithanasaka</i>
Bhavaprakasha Nighantu	Kashaya	Laghu, Rooksha, Ushna	Ushna	Madhura	<i>Kaphapithanu</i>
Raja Nighantu	Tikta, Katu, Kashaya	Laghu, Ushna	Usna	<i>Madhura</i>	<i>Kaphahara</i>

#### 6. Indications <sup>(3-5)</sup>

Kasa, Netra roga, Krimi, Visarpa, Mukha roga, Asmari

#### 7. Therapeutic Uses <sup>(3-5)</sup>

1. Sotha: The lepana of phala majja of vibhitaki may relieve burning sensation and pain in all kinds of sotha.
2. Netra roga: Anjana of vibhitakasthi majja will be beneficial
3. Atisara: Burnt fruit of vibheetaki mixed with salt may checks diarrhoea
4. Granthi visarpa: Kalka of vibhitaki twak is applied warm
6. Mutra dosha: Curna of aksha bija mixed with sura and taken orally may be beneficial

#### 8. Formulations : <sup>(3-5)</sup>

Triphaladi Choorna,, Lavangadi Vati ,Triphala Guggulu, Vibhitaki Choorna, Phalatrikadi Kwatha, Akshiki Sura

#### 9. Dose: 3-6 g of the drug in powder form <sup>(2)</sup>

#### 10. Botanical Identity. <sup>(2)</sup>

Botanical name: *Terminalia belerica* Roxb.

Family: Combretaceae

## 11. Taxonomical Classification <sup>(1,2)</sup>

Kingdom - Plantae

Class - Dicotyledons

Subclass – Polypetalae

Series - Calyciflorae

Order - Myrtales

Family - Combretaceae

Genus - Terminalia

Species - bellerica

## 12. Distribution: <sup>(3-5)</sup>

Throughout India in deciduous forest up to an elevation of 900m. It is very common in Indian forests and plains

## 13. Taxonomical Description

### Habit: <sup>(3-5)</sup>

It is a large deciduous tree grows up to 60ft in height.

### Morphology: <sup>(1-3)</sup>

**Leaves:** simple, alternate, broadly elliptic or elliptic obovate, rounded or rarely subacute or shortly acuminate,

**Inflorescence:** Spike

**Flowers:** greenish yellow with an offensive odour, flowers in the upper part of the spike are male, which is shortly pedicelled and those in lower parts are hermaphrodite and sessile.

**Fruit:** drupe, ovoid grey,. The fruit contains a hard stony seed with five longitudinal ridges. The kernel is oily. Fruit does not have any characteristic odour.

### 14. Part Used: <sup>(1-2)</sup> Fruit rind, Bark

**15: Flowering Season:** <sup>(4)</sup> March- May

**16: Fruiting Season:** December- February

### 17. Chemical Constituents: <sup>(1, 2, 6)</sup>

Gallic acid, Tannic acid and glycosides, Beta-1, sitosterol, Ellagic acid, Ethyl gallate, Chebulagic acid., Quinic acid, Arabinose, Fructose, Sucrose, Sugar, Rhamnose and Amino acid

## 18. Identity, Purity and Strength <sup>(2)</sup>

Foreign matter: Not more than 2 per cent

Total Ash: Not more than 7 per cent.

Acid-insoluble ash: Not more than 1 per cent

Alcohol-soluble extractive: Not less than 8 per cent

Water-soluble extractive: Not less than 35 per cent

## 19. Research reviews

1. Terminalia bellerica extract showed growth inhibitory effect in cancer cell lines <sup>(7)</sup>
2. Evaluation of antihypertensive action of Terminalia bellerica in rats showed fall in arterial blood pressure <sup>(8)</sup>
3. Antiulcer activity of methanolic extract of fruits was evaluated using ethanol induced, aspirin induced, cold stress restraint and pylorus ligated ulcer in rats <sup>(9)</sup>
4. Wound healing effect of paste of terminalia bellerica is evaluated <sup>(10)</sup>
5. Evaluation of protective effect of fruit extract at different doses against carbon tetrachloride intoxication <sup>(11)</sup>

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