



## BALELA

### Fruit

The drug *Balela* consists of pericarp of dried ripe fruits of *Terminalia bellirica* (Gaertn.) Roxb. (Combretaceae); a drug yielding plant is a large deciduous tree, 10-12 m or more high, commonly found in plain and forests upto 900 m elevation; fruits ripen towards November.

- **Temperament:** Cold & Dry 20
- **Action(s):** Stomachic (Muqawwi-e-Meda), Astringent (Qabiz), Expectorant (Munaffis-e-Balgham)
- **Therapeutic Use(s):** Gastric debility (Zof-e-Meda), Intestinal debility (Zof-e-Ama), Diarrhoea (Ishal), Poor eyesight (Zof-e-Basarat), Weakness of brain (Zof-e-Dimagh), Cough (Sual).
- **Dose:** 5 to 7 g.
- **Important Formulation(s):** Majoon-e-Jograj Gugal, Itrifal-e-Muqil Itrifal-e-Saghir, Iitrifal-e-Ustukhudus, Majoon-e-Fanjnosh.