



Bilva Fruit – Medicinal Benefits



You must have known about the bilva tree. Beal is used in many types of work. Beal is used in Hinduism to worship Lord Shiva-Parvati. Many people also drink vine syrup very fondly. Apart from this, vine is also used in many works. According to Ayurveda, Bell has innumerable benefits, due to which it is used as a medicine.

Bael fruit

Bael can prevent many diseases, so it is also used to cure many diseases. You can take Beal benefits in Kapha-Vata disorder, indigestion, diarrhea, urinary disease, dysentery, diabetes, leucorrhea. Apart from this, taking Beal is also beneficial in stomach pain, heart disorders, jaundice, Bukhara, eye diseases etc. Let us know all the medicinal properties of vine.

What is a bilva?

The bael tree is a very old tree. In Indian texts it is called the divine tree. The old yellow-leaved fruit, which is in this tree, turns green again after one year. If you keep its leaves broken, they remain intact for 6 months. The shade of this tree cools and makes it healthy. The vine tree is intermediate, and consists of thorns. The bark of its stem is soft, light brown to yellow. The

new branches are green, and zigzagged. Its leaf is green, and the front part of the leaves is spiked and fragrant.

Its flowers are green and white in color. Its fruits are circular, elliptical, brown or yellow in color.

Fruit peels are hard and smooth. Its seeds are small, white and smooth in a group of 10-15.

The vine tree has flowers and fruits from February to July.

Name of Bael in Different Languages

Bell's Botanical Name- *Aegle marmelos* (Linn.) Corr. (*Egli Marmelos*) is Syn-*Crateva marmelos* Linn. It is of the Rutaceae (Rutaceae) clan. Bell is also known by these names in other languages-

Bael in –

Sanskrit- Bilva, Shandilya, Shailush, Malur, Quince, Kantki, Sadafal, Mahakapith, Granthil, Gohritaki, Mangalya, Malur, Trishikha, Atmigalya, Mahafal, Heartburn, Shaulya, Shailak Leaves, Leaves, Trika Leaves, Gandhal Leaves, Lakshmi Leaves, Lakshmi Leaves Gandhafal, Duraruh, Trishakke leaves, Shivam, Satyaphal, Sunitic, Sameerasar, Satyadharm, Sitanan, Neelamallik, Peetaphal, Somahritaki, Asitanan, Katak, Vatsar, Satyakarma;

Hindi- Bell, Quince;

Uttrakhand-Bel (Bel);

Oriya-Belo, Belathai (Belthei);

Kannada – Bailpatre;

Gujarati-Beli;

Telugu– Maredu, Bilvpandu;

Tamil- Bilvam, Bilvpajham;

Bengali-Bel (Bel);

Marathi-Bael, Bili, Bolo;

Malayalam – Kovalap – Pazham.

English- Bael tree, Bel fruit, Indian bael;

Properties

Ras- katu, tikta, kashya

Guna- grahi, snight, teekshna

Virya-ushna

Vipaka-katu

1. Benefits of Wood Apple or Bael

The qualities of the fruit, leaves and flowers of the vine are countless, let us know about all

2. Benefits of Bael in Relief from Headache

Grind the dried root of the vine with a little water. Make a paste of its leaves. Applying it on the forehead provides relief from headache.

Dip a cloth in the juice of the bilva leaf. Keeping this bandage on the head will help in headache.

3. Benefits of Bael in Dandruff Problem

Break the ripe fruit into two parts. Take out the marrow inside it. Add sesame oil and camphor in one part. Cover the first one from the second part. Applying this oil on the head ends lice.

4. Benefits of Bael to treat Eye Disease

Apply ghee on the beal leaves and compress the eyes. Also, blindfold. You can cure eye diseases by pouring the juice of its leaves in the eyes, or by applying its paste. It's profitable.

5. Benefits of Bael in Night Blindness in night blindness

Grind ten grams of fresh beal leaves with 7 pieces of black pepper. Sieve it in 100 ml of water. Mix 25 grams sugar or sugar in it and drink it in the morning and evening. Soak the vine leaves in water at night. Wash eyes in the morning with this water.

Rub the juice of 10 ml vine leaves, 6 grams of cow's ghee, and 1 gram of camphor in a copper bowl so that black antimony is formed. Apply it in the eyes. Also, wash the eyes with cow urine in the morning. It's profitable.

6. Wood Apple (Beal) Benefits for Hearing Loss Problem

Grind the soft beal leaves in the urine of a healthy cow. Mix four times sesame oil, 16 times goat milk and cook in a slow fire. By putting it in the ears every day, deafness, sensation (sound in the ears), dryness of the ears, and itching etc. are removed.

Benefit from vine in Tuberculosis or TB disease Take 4-4 parts of the root of the beal, leaves of malabar nut and dried fruits of hawthorn and euphorbia. Along with this, dry ginger, black pepper and 1-1 parts.

7. Bael for Management of Diarrhea and Cholera:

The anti-bacterial and anti-parasitic properties and the presence of tannins in Bael help in fighting against the infection called shigellosis which causes diarrhea and treats cholera. Studies show that people consuming ripe Bael in the form of juice or just pulp got cured of cholera and diarrhea.

8. Bael for Diabetes:

The active constituent "Feronia gum" present in the bark and branches of the bael tree have reportedly shown helpful properties in controlling diabetes. It regulates the production of insulin from the cells into the blood stream and low glycemic index of bael maintains the blood sugar level.

A glass of Bael juice (not on empty stomach) every morning has proven beneficial for people suffering from diabetes.

9. Bael for Digestion and Constipation:

Bael is an apt fruit for curing many digestive issues due to its anti- bacterial, anti- fungal properties. It is recommended for people suffering from stomach ulcers as the high content of

tannin in its leaves reduces inflammation. The laxative properties of Bael help in cleaning the intestines and prevent constipation.

Regular consumption of Bael juice with a pinch of salt and pepper has been known to show wonders in [treating constipation](#).

10. Bael for Scurvy:

Scurvy is a disease caused due to the deficiency of Vitamin C in the body resulting in sore arms and legs and weakness. Bael having a load of vitamin C acts as a boon for people suffering from Vitamin C deficiency and cures the disease in no time.

11. Bael for Earaches:

This is one of the least known benefits of Bael but holds much importance in getting effective results. The anti-bacterial properties of Bael help in treating infections and removing solidified wax from the ear, thus, preventing problems related to hearing.

12. Bael for Skin Problems:

Due to the presence of the anti-bacterial properties in Bael, it is highly effective against skin infections, cures many skin disorders and promotes skin health.

13. Bael For Blood Purification:

Bael also plays a key role in lowering the levels of cholesterol of the blood. It is useful in treating heart, liver and kidney problems. Due to the high amount of potassium, it purifies the blood, removes toxins and boosts the overall immunity of the body.

14. Bael For Heart:

Being a natural antioxidant and a cardio-protective fruit, Bael has been found to have a positive effect on the heart and hence plays a pivotal role in treating a host of heart ailments. It not only strengthens the heart muscles, drops cholesterol levels in the blood but also prevents lipid accumulation, which in turn reduces the risk of atherosclerosis, heart blocks, heart attacks, blood clots, etc.

15. Bael For Respiratory Anomalies:

Imbued with anti-inflammatory, anti-biotic, and anti-asthmatic properties, bael holds high significance in treating the common cold, cough and flu symptoms. It also thins and loosens rheum deposits within the chest and nasal cavities and hence eases breathing and helps the body to get rid of mucus. It is also beneficial in treating bronchitis and asthmatic conditions.

16. Bael For Hair:

Apart from uplifting overall health, Bael has been a boon for promoting hair growth since ancient times. The anti-microbial nature of the plant treats various scalp and hair infections like folliculitis, itching and dandruff. It nourishes the hair follicles with essential nutrients, improves blood circulation and strengthens the hair strands from the roots. By normalizing the secretion of the stress hormone, it also prevents hair fall and breakage due to stress and anxiety.

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