

Bael

Botanical Name: *Aegle marmelos*

Family: Rutaceae

Common Name: Indian bael

Hindi Name: बेल

Part Used: Root, Leaf, bark

Bael or [wood apple](#) also known as Bilva in Sanskrit, Bilva Pazham in Tamil, Bilva or Maredu Phalam in Telugu and Bengal Quince is a native to India, Malaysia, Thailand, Sri Lanka and Southeast Asian countries.

Bael that goes with the botanical name *Aegle marmelos* is a middle-sized tree, with slender branches, pale brown bark that often oozes an edible gum. The leaves of bael are quite unique, trifoliate in shape which means each leaf consists around 4 to 12 pairs of side veins adjoining at the margin.

The Bael fruits are globose in shape, with a hard exterior and it doesn't split open even upon ripening. The raw fruits look greenish grey while the woody exterior turns yellow upon ripening. The ripened fruit contains aromatic pulp with around 10 to 15 seeds, enclosed in a sac filled with natural adhesive.

Aegle marmelos, also known as bael, has many medicinal uses. It's used to treat a variety of conditions, including diarrhea, dysentery, ulcers, cure scurvy, constipation, diarrhea, antimicrobial, antiparasite and diabetes. Bael contains chemicals called tannins, flavonoids, and coumarins. These chemicals help to reduce swelling (inflammation). This might help treat asthma, diarrhea, and other conditions. Also, some of these chemicals help to reduce blood sugar.