

Bael (Aegle Marmelos)

Nature's Most Natural Medicinal Fruit

Dr. Saswati Parichha

The Bael tree is considered as a sacred tree by the Hindus. They offer its leaves to Lord Shiva during worship. The essence of its fruits and leaves possess an evaporating oil which is very good for human system. The leaves absorb foul gases from the atmosphere and keep it clean and salubrious while the raw bael fruit produces heat and has purgative effect. The ripe fruit has cooling effect and is constipative. Raw bael fruit is consumed for treatment of ailments such as arthritis and gout. Ripe fruit is taken during summer to keep the body and mind cool. Bael also helps to sharpen intellect and concentration of mind.

3. Cure of Anaemia - Extract the pulp of Bael. Dry it and grind it to powder form. Add one spoonful of this powder to boiled cow-milk. Also add some sugar candy. Take this dose twice a day in morning and evening for a long period.

4. Fractures - Extract the pulp of raw bael. Dry it and grind it to powder form. Mix 10 gms. of powder, 50 gms. of pure ghee, ½ spoonful of turmeric powder with a glass of luke warm water, stir well. Take it orally twice a day.

Nutritional Value of Bael Fruit (100 gms.)

Edible portion	Moisture	Protein	Fat	Mineral	Fibre	Carbo-hydrate	Energy	Calcium	Phosphorous	Vitamins -C	Potassium	Vitamin-B	Sodium
64%	61.5 gm	1.8 gm	0.3	1.7 gm.	2.9 gm.	31.8 gm.	137 K.cal	85 mg.	50 mg	8 mg.	600 mg.	Rich in B1 and B2	Nil

Its Usefulness and Therapeutic Value

1. The medicinal value of Bael fruit is enhanced due to presence of Tanin, the evaporating substance in its rind. The rind contains 20% and the pulp has only 9% of Tanin. This substance helps to cure diabetes.

2. Treatment of Asthma - Grind 5 gms. of Bael leaves. Add 1 spoon of honey. Take orally in morning and evening for relief.

5. Healing of Wound - Take rind, root, leaves, fruit pulp of equal quantity. Grind them to extract juice. Add 10 gms. of honey. Drink it.

6. Swollen Joints - Few bael pulp mixed with hot mustard oil to be applied on the affected area twice a day during morning and evening for relief.

7. High Blood Pressure - Bael leaves to be taken every morning. The juice of bael

leaves added with honey can also be taken every morning.

8. Jundice - Extract juice of 100 nos. of soft bael leaves. Mix it with the powder of 10 Nos. of black pepper. Take the mixture every morning and evening. Added to this take at least five glasses of sugarcane juice daily after meals.

9. Diarrhoea - Dry raw bael fruit pulp. Take out seeds. The dried pulp if consumed quickly, stops loose motion.

10. Troubles During Pregnancy - One spoon of raw fruit pulp if taken twice a day stops frequent vomiting nausea during pregnancy. Little sugar candy may be added to the pulp for taste.

11. Typhoid - Our body becomes weak due to high fever. Grind 200 bael leaves. Boil in one cup of water till it becomes thick. Take this paste with a little honey twice or thrice a day.

12. Healthy Mind and Brain - Ripe bael fruit taken with fresh cream (butter) and sugar candy powder sharpens concentration and intelligence.

One can make bael squash and keep it at home thus preserving and utilising surplus ripe bael fruit for off season.

Bael Squash - Collect well ripened Bael fruit. Clean it and collect the pulp. Add lemon juice to the pulp in the proportion of six table spoonful of lemon juice to one kg. of pulp. Boil this mixture in water - One litre per kg. of pulp. Stir well while boiling. Now strain the mixture through steel strainer. Take one kg. of sugar for one kg. of pulp and boil it in ½ liter of water for fifteen minutes. Add the strained Bael juice to the sugar pulp. Add preservative potassium metabisulphite 1/4 teaspoonful to the sugar solution when it is cooled. Keep it in a sterilised bottle. Seal the cap with paraffin wax and keep it for future use.

Except Bael seeds every thing is useful for consuming. Taking 5-6 leaves regularly keeps the body and mind healthy. Because of its medicinal qualities it cures a lot of ailments. That is why Bael is also known as *Mahaphala* or Great fruit.

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**CHIEF MINISTER SANCTIONS RS.25000/- TO KUNDAN GUDIA
TO RESTART HIS LIFE.**

Chief Minister Shri Naveen Patnaik has been deeply distressed to learn of the travails of Shri Kundan Gudia in Pakistan Jail. While expressing relief that Shri Gudia after long separation has rejoined his family, Chief Minister Shri Patnaik has sanctioned Rs.25,000/- from the Chief Minister's Relief Fund to help him to restart his life. Collector Sundargarh has been directed by the Chief Minister to provide this relief as a token assistance to Shri Gudia to pick up the threads of his life and to make a new beginning.