



BAHEDA POWDER 200GM





**Baheda Powder** is a natural Ayurvedic herb made from the dried fruit of *Terminalia bellirica*. It is traditionally used to support respiratory health, improve digestion, and promote overall wellness. Rich in natural antioxidants, Baheda powder helps in detoxification and is a key ingredient of the classical Triphala formulation.

## □ **Swastik Baheda Powder - Key Features**

- **Premium Quality Baheda Powder**

Made from carefully selected Baheda (*Terminalia bellirica*) fruits, finely ground to preserve natural properties.

- **100% Natural & Pure**

Free from artificial colors, preservatives, and chemicals, ensuring safe and authentic Ayurvedic use.

- **Supports Respiratory Health**

Traditionally used to help relieve cough, throat irritation, and support healthy respiratory function.

- **Aids Digestion & Gut Health**

Helps improve digestion, reduce bloating, and support regular bowel movement.

- **Rich in Natural Antioxidants**

Contains antioxidants that help protect the body from free-radical damage and support overall wellness.

- **Supports Detox & Immunity**



Commonly used in Ayurvedic formulations to help cleanse the body and strengthen immunity.

- **Key Ingredient of Triphala**

Widely known as one of the three essential herbs used in the traditional Triphala formulation.

- **Hygienically Processed & Finely Ground**

Processed under strict hygienic conditions to ensure freshness, purity, and consistent quality.

**Categories:** Herbal Spices