

Bael Tree



1. **Name of Tree**-Bael
2. **Scientific Name**-Aegle Marmelos
3. **Vernacular Names**: Aegle marmelos, Bengal quince, Indian bael, bael fruit, bel tree
4. **Age**-Around 15 years
5. **Season**-Rainy season
6. **Medicinal Properties**-Bael is loaded with a myriad of nutrients which include vitamins A, B1, B2, C and minerals calcium, potassium and iron.
7. **Chemical Compounds**-The bael tree contains furocoumarins, including xanthotoxol and the methyl ester of alloimperatorin, as well as flavonoids, rutin and marmesin; a number of essential oils.
8. **Description**-Bael is the only member of the monotypic genus Aegle. It is a deciduous shrub or small to medium-sized tree, up to 13 m tall with slender drooping branches and rather open, irregular crown.
9. **Most Favorable location** - Sri Lanka, Tamilnadu, Thailand, and Malesia.
10. **Therapeutic Uses**- The fruits can be eaten either fresh from trees or after being dried and produced into candy, toffee, pulp powder or nectar.
11. **Nutritious Value**-Bael is loaded with a myriad of nutrients which include vitamins A, B1, B2, C and minerals calcium, potassium and iron.
12. **Religious and cultural context**- Bael leaves used in the worship of a lingam - the icon of Shiva.

THANK YOU FOR READING

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