

***Botanical Name- Aegle marmelos***

***Common Name -Bael***



**Uses**

1. Treats Digestive Issues: Relieves constipation, diarrhea, and indigestion.
2. Manages Diabetes: Helps regulate blood sugar levels.
3. Boosts Immunity: Rich in vitamin C and antioxidants.
4. Relieves Respiratory Issues: Used to treat asthma and colds.
5. Skin Health: Treats acne and promotes clear skin.
6. Wound Healing: Bael leaf extract aids in faster healing.
7. Prevents Scurvy: High vitamin C content prevents deficiency.
8. Anti-inflammatory: Reduces inflammation and joint pain.
9. Cures Fever: Bael tea is used as a remedy for fever.
10. Heart Health: Lowers cholesterol and improves heart function.
11. Liver Detox: Helps cleanse the liver.
12. Energy Boost: Bael juice provides natural energy.