Power BI is a business intelligence tool that allows you to connect to various data sources, visualize the data in reports and dashboards, and then share them with anyone you want.

Power BI is made up of 3 main elements:

Power BI Desktop - a free desktop application for building and designing reports.
Power BI Service - the online publishing service for viewing and sharing reports and dashboards.
Power BI mobile apps - for viewing reports and dashboards on the go.

Power BI is a tool in the category of Business Intelligence (BI). The purpose of BI is to track Key Performance Indicators (KPIs) and uncover insights in business data so as to better inform decision-making across the organization.

Power BI is used in different ways depending on the role of the individual, from developers, analysts, managers, and directors, to everyone in between.

Power BI and Tableau are both business intelligence tools and have a lot of overlap in terms of their capabilities. There are 2 key differences between Power BI and Tableau:

Power BI only works on Windows, whereas Tableau supports both Windows and MacOS.
Pricing options differ between Power BI and Tableau. However, Tableau is generally the more expensive option.
See this article for a more in-depth comparison between Power BI and Tableau.

Excel is a spreadsheet software and while it does contain much of the same core functionality as Power BI, it has limited visualization options and lacks the ability to refresh, share, and view reports and dashboards online.