



ABHAL

Fruit

The drug *Abhal* consists of dried fruit of *Juniperus communis* L. (Cupressaceae); a dense, more or less procumbent shrub, rarely a small tree, found in the Himalayas from Kumaon westwards ranging from the altitude of 1500-4250 m.

- **Temperament:** Hot and Dry.
- **Action(s):** Strong resolvent (Mohallil Qawi), Dryness producing agent (Mujaffif), Attenuant (Mulattif), Detergent (Jali), Deobstruent (Mufatteh), Mild astringent (Qabiz Khafeef), Carminative (Kasir-e-Riyah), Stomachic (Muqawwi-e-Meda), Diuretic (Mudirr), Abortifacient (Musqit- e-Janeen), Vermicide (Qatil-e-Kirm-e-Shikam)
- **Therapeutic Use(s):** Retention of urine and Amenorrhoea (Ehtibas-e-Baul wa Haiz), Hemiplegia (Falij), Atony (Istirkha), Dyspnoea (Usr-e-Tanaffus), Gurgling of stomach (Qaraqar-e-Shikam), Dysentery (Sangrahn), Worm infestation (Deedan-e-Ama).
- **Dose:** 3 to 5 g.
- **Important Formulation(s):** Majoon Mudirr-e-Tams, Sharbat Mudirr-e-Tams.