



## ANAR

### Seeds

The drug *Anar* consists of dried seeds of *Punica granatum* L. (Punicaceae); a large deciduous shrub or a small tree, found growing wild in the warm valley, outer hills of Himalayas between 900-1800 m and cultivated in many parts of the country.

- **Temperament:** Cold and Moist
- **Action(s):** Cardiotonic and Hepatotonic (Muqawwi-e-Qalb wa Jigar), Softener for waste matters of chest (Mulaiyin-e-Sadr), Febrifuge (Musakkin-e-Hararat), Mild diuretic (Mudirr-e-Baul Khafeef)
- **Therapeutic Use(s):** Cardiac insufficiency(Zof-e-Qalb), Hepatic debility (Zof-e-Jigar), Feeling of roughness in throat (Khushunat-e- Halq), Jaundice(Yarqan), Palpitation(Khafaqan), Vomiting(Qai), Diarrhoea(Ishal).
- **Dose:** 5-10 g
- **Important Formulation(s):** Jawarish Anarain, Jawarish Podina