



## ANARDANA

### Seed

The drug *Anardana* consists of dried seeds of *Punica granatum* L. (Punicacea); it is considered to be native of Iran, Afghanistan and Baluchistan. It is also found growing wild in the Himalayas between 900 to 1800 m and also cultivated throughout India, Flowers occur during April to July while fruiting takes place during July to September.

- **Temperament:** Cold 2? Moist 1?
- **Action(s):** Stomachic (Muqawwi-e-Meda), Cardiotonic (Muqawwi-e-Qalb), Anaphrodisiac (Qati-e-Bah), Calming agent (Musakkin)
- **Therapeutic Use(s):** Diarrhoea(Ishal), Palpitation(Khafaqan), Cough(Sual), Ascites (Istisqa), Polydipsia (Atash Mufrit)
- **Dose:** 5-10 g. (Sharbat 30 - 100 ml, Araq 50-100ml)
- **Important Formulation(s):** Habb-e-Hindi Sual, .Jawarish Pudina, Safoof-e-Habb -ur- Rumman, Sufoof-e-Ziabetus Dulabi.