



ANJABAR

Rhizome

The drug *Anjabar* consists of dried rhizome of *Polygonum bistorta* L. Syn. *P. paleaceum* Wall, ex Hook f. (Polygonaceae); a perennial herb, upto 60 cm high with a thick twisted root stock, found in Himalayas from Kashmir to Sikkim & hills of Assam at 2,700-4,500 meters

- **Temperament:** Cold, Dry
- **Action(s):** Astringent (Qabiz), Haemostyptic (Habis-ud-Dam), Stomachic (Muqawwi-e-Meda), Intestinal tonic (Muqawwi- e-Ama), Antiseptic (Dafi-e-Taffun)
- **Therapeutic Use(s):** Diarrhoea(Ishal), Haematuria (Baul-ud-Dam), Bloody diarrhoea (Ishal Damavi), Phthisis (Sil), Poor appetite(Zof-e- Ishteha), abrasion of intestine (Sahaj-e-Ama), Nausea(Ghasayan), Bleeding piles/Haemorrhoid(Bawaseer Damiya)
- **Dose:** 3-5 g.
- **Important Formulation(s):** Sharbat-e-Anjabar, Qurs Anjabar, Majoon Hamal Ambri Alvi Khani