



BANAFSHA

Leaf

The drug *Banafsha* consists of dried leaf of *Viola pilosa* Blume. (Violaceae); a hirsute or glabrous spreading runner found throughout the temperate Himalayas upto an altitude of 2000 m, extending eastwards to the hills of Meghalaya, Nagaland and Manipur; it is also found in the Ganjam hills in Orissa, Nilgiris and Palani hills in Tamil Nadu at altitudes of 1500 to 2000 m.

- **Temperament:** Hot 20, Dry 20
- **Action(s):** Alterative (Moaddil), Attenuant (Mulattif), Diaphoretic (Moarriq).
- **Therapeutic Use(s):** Fever (Humma), Catarrh(Nazla), Coryza (Zukam), Pleurisy (Zat-ul-Janb), Pneumonia (Zat-ur-Riya), Cough (Sual)
- **Dose:** 3-5 g.
- **Important Formulation(s):** Habb-e-Banafsha, Khamira Banafsha. Sharbat Banafsha