



BARTANG

Seed

The drug *Bartang* consists of dried seeds of *Plantago major* L. (Plantaginaceae); a perennial herb found in temperate and alpine Himalaya from Kashmir to Bhutan and upto 4000 m in Baluchistan , Sri Lanka, Burma, The Malay Peninsula extending to Afghanistan and Westwards to Atlantic . In India, it grows in Maharastra, Andhara Pradesh the Khasia Hills. Flowering and fruiting take place during July-September.

- **Temperament:** Cold 3° Dry 3°
- **Action(s):** Astringent (Qabiz), Anastaltic (Habis), Stimulant (Moharrik), Alterative (Moaddil)
- **Therapeutic Use(s):** Diarrhoea(Ishal), Dysentery(Zaheer), Epistaxis (Ruaf), Polymenorrhoea(Kasrat-e-Tams)
- **Dose:** 5- 10g.
- **Important Formulation(s):** Qurs-e-Kahruba