



## BEHMAN SAFED

### Root

The drug *Behman safed* consists of dried roots of *Centaurea behen* L. (Asteraceae); an annual hardy herb; roots are imported from Iran to India

- **Temperament:** Hot 20, Dry 20
- **Action(s):** Cardiotonic (Muqawwi-e-Qalb), Exhilarant (Mufarreh), Aphrodisiac (Mubahhi), Inspissant (Mughalliz).
- **Therapeutic Use(s):** Palpitation (Khafaqan), Cardiac insufficiency (Zof-e-Qalb), Sexual debility (Zof-e-Bah)
- **Dose:** 3-5 g.
- **Important Formulation(s):** Habb-e-Jadwar, Majoon Chobchini, Khamira Gaozaban, Luboob-e-Kabeer