| Dadim | |
|---|---|
| **Hindi Name** | Anar |
| **English Name** | Pomegranate |
| **Scientific Name & Family** | *Punica granatum* L.; Family – Lythraceae (formerly Punicaceae) |
| **Part Used** | Fruit rind, seeds, flowers, bark, root bark |
| **Main Synonyms** | Dantabeej, Raktapushpa, Sukesta, Phalasadava, Kuttim |
| **External Morphology** | Large deciduous shrub or small tree; smooth grey bark; opposite glossy leaves; bright red flowers; round berry with leathery rind containing numerous juicy arils |
| **Rasapanchaka & Dosha-Karma** | Guna: Laghu, Snigdha; Rasa: Madhura, Amla, Kashaya; Vipaka: Madhur (sweet variety), Amla (sour variety) Virya: Anu-ushna; Dosha Karma: Tridosha Shamak |
| **Active Phytoconstituents** | Tannins (punicalagin), ellagic acid, flavonoids, anthocyanins, organic acids |
| **Pharmacological Actions** | Digestive, cardioprotective, antioxidant, anti-inflammatory, antidiarrheal, antimicrobial |
| **Important Formulations** | Dadimadi Ghrita, Dadimashtaka Churna |
| **Dose** | Swarasa: 10–20 ml; Churna (rind): 1–3 g |
| **To be Noted** | Sweet variety is nourishing and cardiac tonic; rind is Grahi useful in diarrhea and dysentery; widely used in GI disorders |

## References:


1. Dravyaguna Vigyan, P.V. Sharma Part. II
2. A textbook of Dravyaguna Vigyan, Prakash L. Hegde Vol. II



## Department of Dravyaguna Vigyan

Rohilkhand Ayurvedic Medical College & Hospital, Bareilly, UP, India 243006