



ADAS

Seed

The drug *Adas* consists of dried seeds of *Lens culinaris* Medik. (Fabaceae); a small, erect, pubescent herb, 15-75 cm high, cultivated throughout north India, particularly in Uttar Pradesh, Madhya Pradesh, Bihar and West Bengal, and to a smaller extent in Punjab, Rajasthan, Maharashtra and Gujarat

- **Temperament:** Cold and Dry
- **Action(s):** Flatulent (Munaffikh), Antidiuretic (Habis-e-Baul), Haemostyptic in case of excessive menstrual bleeding (Habis-e-Tams)
- **Therapeutic Use(s):** Polyuria (Kasrat-e-Baul), Polymenorrhoea(Kasrat-e-Tams)
- **Dose:** 10-20g
- **Important Formulation(s):** Majoon Masikul Baul.