



## AKHROT

### Fruit Kernel

The drug *Akhrot* consists of kernel of fruit of *Juglans regia* L. (Juglandaceae); a large deciduous, monoecious tree with tomentose shoots, found throughout the Himala-yas upto an altitude of 900-3300 m.

- **Temperament:** Hot and Dry
- **Action(s):** Tonic for vital organs (Muqawwi-e-Azaa-e-Raeesa), Nervine tonic (Muqawwi-e-Asab), Laxative (Mulaiyin), Attenuant (Mulattif)
- **Theraputic Use(s):** Sexual debility(Zof-e-Bah), Weakness of brain(Zof-e-Dimagh), Headache(Suda), Weak memory(Zof-e-Hafiza), General weakness(Naqahat Umoomi).
- **Dose:** 10 - 20 g
- **Important Formulation(s):** Luboob-e-Kabir, Luboob-e-Sagheer.