



ANAR

Fresh Seed

The drug *Anar* consists of fresh seeds of *Punica granatum* L. (Punicaceae), a large deciduous shrub or a small tree; found growing wild in the warm valley, outer hills of Himalayas, between 900- 1800 m and cultivated in many parts of the country

- **Temperament:** Anar Shireen-Cold and Moist Anar Tursh-Cold and Dry
- **Action(s):** Anar Shireen- Cardi tonic (Muqawwi-e-Qalb), Hepatonic (Muqawwi-e-Jigar), Thirst quencher (Musakkin-e-Atash), Haematogenic (Muwwalid-e-Dam), Diuretic (Muddir-e-Baul); Anar Tursh- Astringent (Qabiz), Cardi tonic (Muqqawi-e-Qalb), Hepatonic (Muqawwi-e-Jigar), Yellow bile calming agent (Musakkine-e- Safra), Sanguine calming agent(Musakkine-e-Dam), Diuretic (Mudirr-e-Baul), Antibilious (Qati-e-Safra).
- **Therapeutic Use(s):** Anar shireen: Polydipsia (Atash Mufrit), General Weakness (Zof Aam) , Anaemia (Faqr-ud-dam), Anar Tursh : Burning in the chest (Sozish-e-Sadr), Nausea (Ghasayan), Vomiting (Qai), Jaundice (Yarqan), Polydipsia (Atash Mufrit).
- **Dose:** Juice of Anar- 25-60 ml
- **Important Formulation(s):** Sharbat-e-Anar, Jawarish-e-Anarain, Jawarish-e- Pudina