



## ANAR

### Leaf

The drug *Anar* (Barg) consists of dried leaves of *Punica granatum* L. (Punicaceae); it is considered to be native of Iran, Afghanistan and Baluchistan. It is also found growing wild in the Himalayas between 900 to 1800 m and also cultivated throughout India. Flowers occur during April to July while fruiting takes place during July to September.

- **Temperament:** Cold, Dry
- **Action(s):** Hepatotonic (Muqawwi-e-Kabid), General tonic (Muqawwi-e-Aam), Astringent (Qabiz), Haemostyptic (Habis-ud-Dam)
- **Therapeutic Use(s):** Palpitation(Khafaqan), Vomiting(Qai), Diarrhoea(Ishal), Stomatitis(Qula), Feeling of roughness in throat(Khushunat-e-Halq), Haemorrhage(Jiryan-ud-Dam)
- **Dose:** 5-10 g.
- **Important Formulation(s):** Joshanda Bara-e-Mazmaza.