



BADAM SHIREEN

Seed

The drug *Badam Shireen* consists of seeds of *Prunus amygdalus* Batsch. var. *dulces*. Syn. *Prunus communis* Fritsch. (Rosaceae); a middle sized tree distributed commonly in Europe and Central Asia. In India it is cultivated in Kashmir and Himachal Pradesh. It occurs throughout the year, flowering takes place in the month of March whereas fruits set from April to August.

- **Temperament:** Hot 1° Moist 1°
- **Action(s):** Brain tonic (Muqawwi-e-Dimagh), Laxative (Mulaiyin), Aphrodisiac (Muqawwi-e-Bah)
- **Therapeutic Use(s):** Weakness of brain(Zof-e-Dimagh), Cough(Sual), Sexual debility(Zof-e-Bah)
- **Dose:** 7-11 kernels
- **Important Formulation(s):** Banadiq-ul-Buzoor, Habb-e-Bohat-us-Saut, Muzmin, Habb-e-Jadwar, Habb-e-Mushil-Dimaghi, Habb-e-Surfa Qawi, Qurs-e-Kaknaj. Laooq-e-Badam, Laooq-e-Hulba, Laooq-e-Zeequn-Nafas, Luboob-kabir, Luboob-e-Sagheer, Majoon-e-Aarad khumia, Majoon-e-Falasksair, Majoon-e-Mughalliz, Raughan-e-Badam Shireen, Raughan-e-Luboob-e-Saba Barid, Sufoof-e-Suranjan, Sufoof-e-Suranjan Zafrani, Laooq Behidana, Laooq sapistan, Laooq shamoon.