



BARTANG

Seed

The drug *Bartang* consists of dried seeds of *Plantago major* L. (Plantaginaceae); a perennial herb found in temperate and alpine Himalaya from Kashmir to Bhutan and upto 4000 m in Baluchistan, Sri Lanka, Burma, The Malay Peninsula extending to Afghanistan and Westwards to Atlantic. In India, it grows in Maharashtra, Andhra Pradesh the Khasia Hills. Flowering and fruiting take place during July-September.

- **Temperament:** Cold 3° Dry 3°
- **Action(s):** Astringent (Qabiz), Anestaltic (Habis), Stimulant (Moharrik), Alterative (Moaddil)
- **Therapeutic Use(s):** Diarrhoea (Ishal), Dysentery (Zaheer), Epistaxis (Ruaf), Polymenorrhoea (Kasrat-e-Tams)
- **Dose:** 5- 10g.
- **Important Formulation(s):** Qurs-e-Kahruba