



Shree Swaminarayan Ayurvedic College,

Opp. SAIJ GIDC, Swaminarayan Vishwamangal Gurukul, Kalol

BADARA



Latin name: *Zizyphus jujuba*

Family: Rhamnaceae

Regional names: બોરડી (Gujarati), बैर (Hindi)

Morphology: A spiny deciduous shrub. Leaves: Alternate, ovate to ovoid-lanceolate, apex is slightly obtuse. Usually seen in axillary cyme. Fruits are in drupe, ovate to oblong, reddish brown in colour

Synonyms: Sauviram, Kuvala, Karkandhu, Kola

Rasa Panchaka:

Rasa: Madhura, Amla, Kashaya

Guna: Picchila, Guru, Snigdha

Virya: Sita

Vipaka: Madhura

Karma: Vata-Pitta Samaka, Brhmana, Sukrala

Useful parts: Phala, twak

Indications: Karshya, Sukradaurbalya, Vibandha, daha

Dosage: Kwatha -50-100 ml, Phala- 5-10 Numbers

Formulations: Badaradi dhupa, Badara Churnadi yoga, Badari Patra peya