



Shree Swaminarayan Ayurvedic College,

Opp. SAIJ GIDC, Swaminarayan Vishwamangal Gurukul, Kalol

DADIMA



Latin name: *Punica granatum*

Family: Punicaceae

Regional names: દાડિમ (Gujarati), अनार (Hindi)

Morphology:

Large deciduous Shrub/Small tree. Leaves: opposite, oblong-lanceolate. Flowers: Scarlet or orange red. Fruit: Globose. Seeds: have watery outercoat with pinky juice and horny inner coat.

Synonyms: Lohitapushpa, Raktabija, Dantibija, Manibija, Vruttaphala

Rasa Panchaka:

Rasa: Madhura, Kashaya, Amla

Guna: Laghu, Snigdha

Virya: Anushna

Vipaka: Madhura variety-Madhura, Amla variety-Amla.

Karma: Madhura-Tridosahara, Amla-Vatakaphahara.

Useful parts: Phala, Phalatvak, Mulatvak.

Indications: Atisara, Arshas, Pandu, Raktapitta.

Dosage: Fruit rind powder (3-6g), Patra swarasa (5-10ml) (API Volume IV)

Formulations: Dadimachusama, Dadimastaka churna, Dadimadya ghruta, Dadimadya taila.