

DADIMA

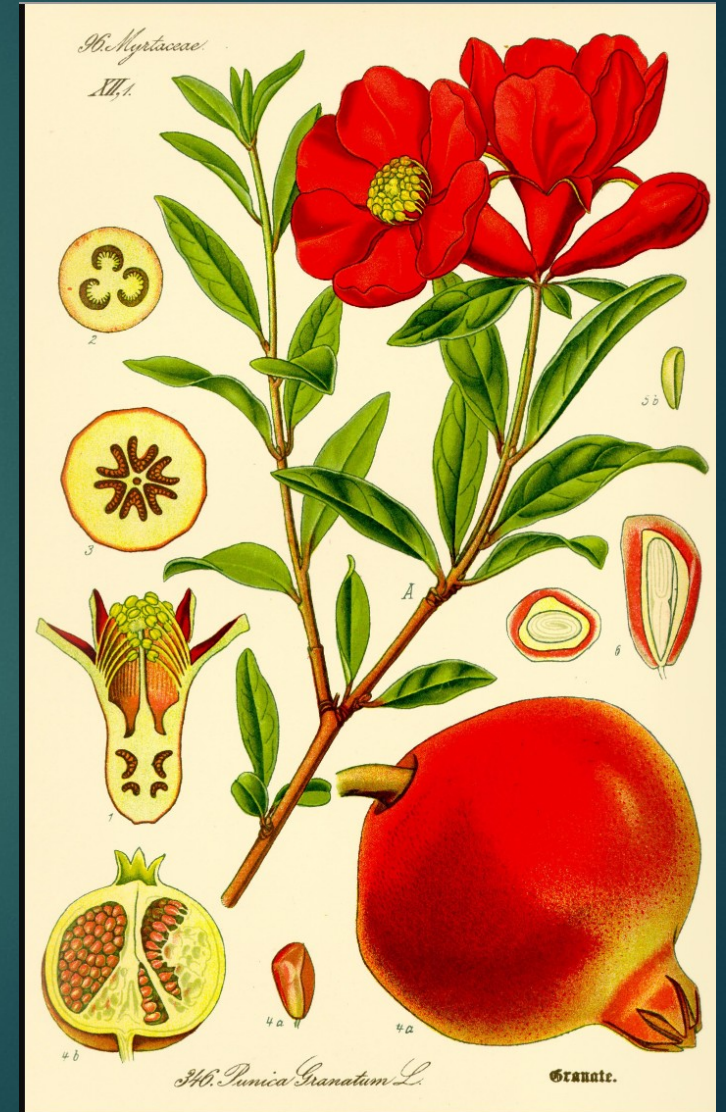


Introduction

- ❖ Dadima has been used for thousands of years to cure a wide range of diseases across different cultures and civilization.
- ❖ It has great nutritional value and numerous health benefits.
- ❖ It is used as a treatment for cancer, osteo-arthritis and other diseases like sore throats, cough, urinary infection, digestive disorders, skin disorders and to expel tape worms.

Botanical classification

- ▶ **Botanical name-** Punica Granatum linn.
- ▶ **Family-** Punicaceae.
- ▶ **Synonyms-** Karaka, dantabeeja, lohitapushpaka, vrittaphala.



Vernacular names

Hindi- annar

Kannada- dalimbe

English- pomegranate.

Malayalam - matalam

Varieties



Madhura



Madhuramla.



Amla



Authors

Ganas

Charaka

hridya, chhardinigrahana,shramahara
varga

Shushutra

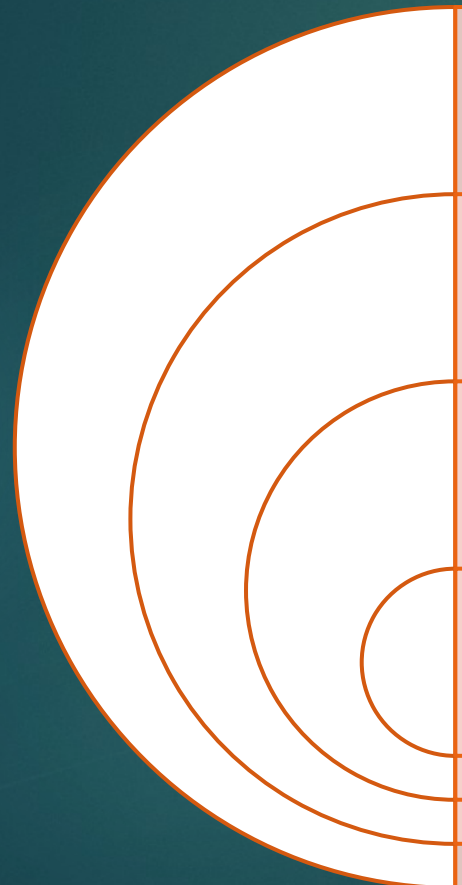
Parushakadi.

Morphology

- ▶ The **shrub** is 3-5 mtrs high.
- ▶ The **stem bark** is red externally and yellow internally.
- ▶ **Leaves**- 5-7 cms long, 3 cms broad, with tapering ends.
- ▶ **Inflorescence**- red in color.
- ▶ **Fruits**- round with a diameter of 5 cms, containing many seeds.
- ▶ The tree has 2 gender-types- one get only male flowers, and has reddish leaves. The other has both male and female flowers.

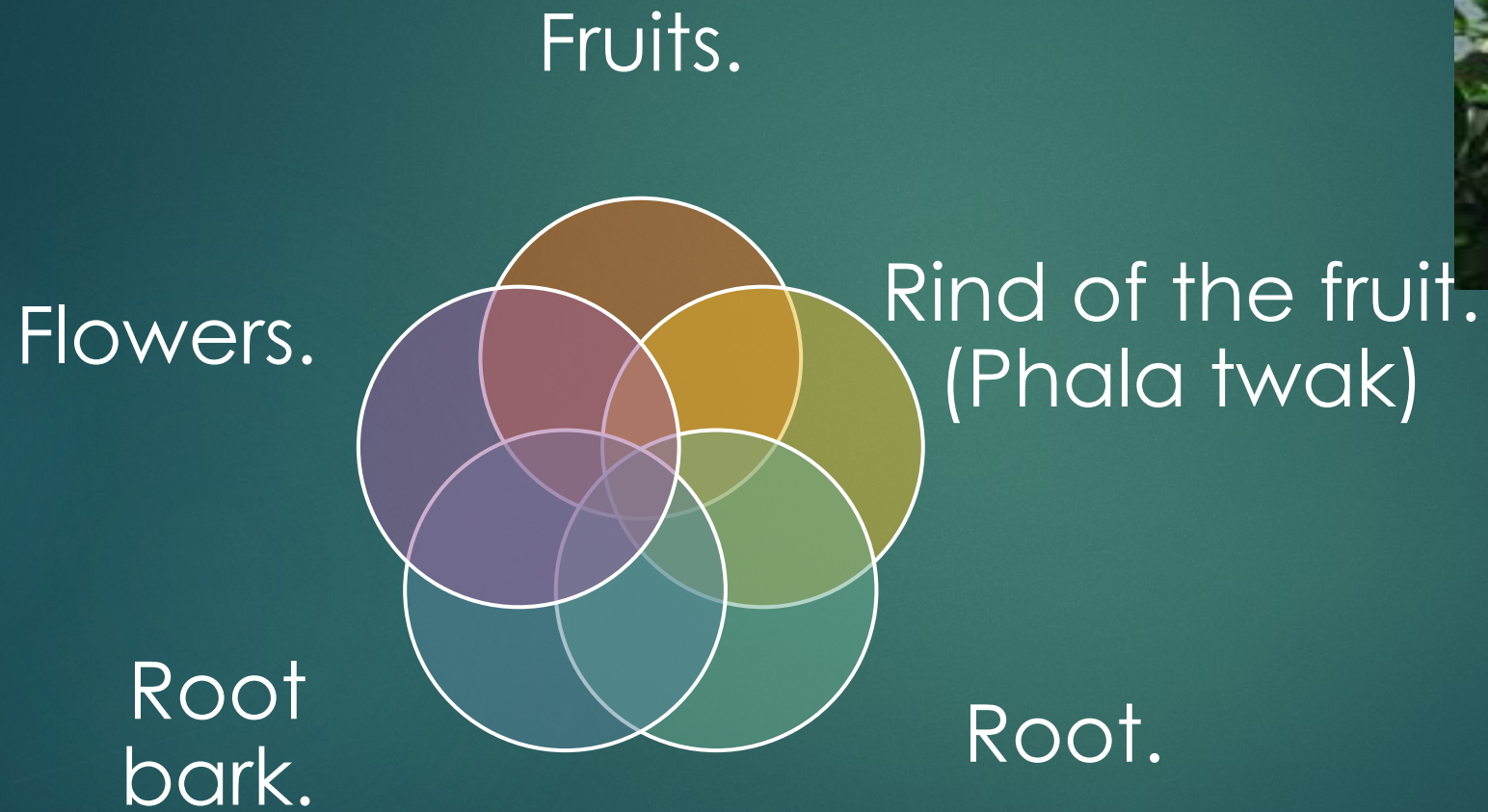


Phyto-constituents



	The stem bark and fruit rind contain 22-25% tannin.
	The root bark has punicotannic acid 20-25%.
	There is a subtle substance in the root called pelletierine.
	The fruit contain 15% fructose.

Part used



Rasapanchaka

Madhura Dadima

- ▶ Rasa – Madhura, kashaya, amla
- ▶ Guna –Laghu,snigdha
- ▶ Vipaka-Madhura
- ▶ Virya- Anushna

Amla Dadima

- ▶ Rasa-Amla
- ▶ Guna-Laghu,ruksha(R.N)
- ▶ Vipaka-Amla
- ▶ Virya-Ushna

Karmas

Pitta shamana by sweet and astringent tastes

Kaphavata shamana by ushna veerya

Sweet / sour fruit is slightly pitta kara by its sourness.

Sour fruits are kapha vata shamana but pitta prakopa.

Sweet fruits are used in disorder induced by all tri dosha while sour fruit is used in kaphavata disorders.

Dosage



Phala rasa – 2-5 tolas (20-50ml)



Phala twak kwatha- 4-8 tolas (40-80ml)

Formulations

Dadimashtaka churna -Grahani, Atisara.

Dadimadi churna- Aruchi, Agnimandya

Dadimadi ghrita- Prameha, Ashmari

Dadimadya taila- Grahani, Prameha

Dadimawlehya.

Indications

- ▶ Madhura dadima phala - Trsna, Daha, Jwara, Mukhadourgandhya.
- ▶ Madhuramla dadima phala - Agnimandya, Aruchi
- ▶ Amla dadima phala - Hrdroga
- ▶ Dadimaphala twak - Atisara
- ▶ Dadima mula twak - Krimi.

Aamayika prayoga

- ▶ Ripen fruit of **Dadima** should be cooked in putapaka method. The juice extracted in this method cures all types of Atisara.
- ▶ Juice extracted from **Dadima** is mixed with juice of leaves of Amra or any drug having sheeta virya should be used internally and as an external application.
- ▶ Decoction prepared from **Dadima** phala twak is very useful in raktarshas.

- ▶ The paste prepared from **Dadima** and sugar or Dadima and draksha is kept in mouth will reduce dryness and tastelessness associated with trishna.
- ▶ Fresh **Dadima** twak has to be triturated with Aja kshira then applied gives good complexion.

External uses

- ▶ Due to its astringent nature the decoction of bark is used in throat disorders and oral disorders as a gargle and also in ulcers.
- ▶ In epistaxis, nasal drops of the juice of the fruits are very effective

Internal uses

- ▶ **Nervous system**- the fruit act as a brain tonic, it acts on mental debility and associated disorder.
- ▶ **Digestive system**- the fruit is an appetite stimulant, increases desire for foods, inhibits thirst, and act as a astringent. The juice of the fruit and decoction of the root bark are strong vermifuges (hook worm). It is also used on tape worm. In a disinclination to eat, weak appetite, amebiosis, dipsia, acid peptic disorder and such pitta disorder, diarrhoea, loose motions, its extremely useful.
- ▶ **Circulatory System**- the fruit is cardio tonic and haemostatic, it is useful in blood disorder like anemia and bleeding disorder. In nose bleeds.

Cont....

- ▶ **Respiratory System**- being astringent, the bud ameliorates kapha. The fruits acts as an expectorant. In infertile kapha disorder the fruit is ground in goats milk and is given as a licking agent. The flowers are useful in kapha induced by vata and pitta.
- ▶ **Urinary System**- as it is diuretic and hence useful in urinary disorders.
- ▶ **Reproductive system**- as its promotes semen, it is used in seminal debility. Decoction of fruit rind is used for uttar basti in vaginal discharges.

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- ▶ Temperature- being an antipiratic, it is a useful diuretic food in fevers, it reduces the fever and its associated symptoms thus enhancing the strength of patint.
- ▶ Satmikarana- it is a useful food even in health. Due to its strengthening (tomic) properties, pomegranate juice is used in all ordinary weaknesses.

Srotogamitwa

- ▶ Dosha – tridoshaghna
- ▶ Dhatu – shukra (shukrala), rakta, rasa (antipyretic), majja (brain tonic)
- ▶ Mala – purisha (kashaya rasa)
- ▶ Organs – breast, ear.

kaumarabhritya

- ❖ In pitta and kapha atisaara the peya prepared out of bala, shaalparni, aakhuparni, **Dadima** and bilwa is useful. (ka.khi-4/80)
- ❖ The peya prepared out of **Dadima**, ativisha and amla dravyas is helpful for aama-pachana. (ka.khi-4/82)
- ❖ In vishama jwara ghrita prepared out of guduchi, aamlaki, saareva, **Dadima**, shunthi, lodhra and chandana is used. (ka.khi-11/168)

Research profile

- ✓ Study of medhya (cognition enhancing) effect of **Dadima phala** in healthy adolescents.
- ✓ The drug was given to the students in dose of 10ml twice a day orally in rasayana kala i.e morning and nisha kala for the duration of 6 months.
- ✓ There is significant improvement in IQ (due to improved function of udana vaayu)
- ✓ Improvement in IQ suggest that **Dadima** by its madhura rasa nourishes and enhances brain (dhi, dhruti, smriti) and ultimately grasping power (medha) by amla rasa it enhances the sadhaka pitta which contributes its medhya action.



Thank you