

## **Dadima (Punica granatum Linn.)**

**Family:** Lythraceae (Previously classified under Punicaceae)

### **Introduction**

Dadima (Pomegranate) is a well-known medicinal plant in Ayurveda. It is used for its therapeutic effects on the digestive system, heart, skin, and reproductive health. Its juice, seeds, bark, and flowers have potent medicinal properties. It is known to be an excellent source of antioxidants, vitamins, and minerals. In Ayurveda, Dadima is highly valued for its ability to balance Vata and Pitta doshas while slightly increasing Kapha.



### **Names in Different Indian Languages**

English: Pomegranate  
Hindi: Anar  
Kannada: Dalimbe  
Malayalam: Mathalam  
Sanskrit: Dadima, Raktabeeja, Beejapura  
Tamil: Madhulai  
Telugu: Danimma Pandu  
Unani: Anar



### **Synonyms**

Raktabeeja  
Beejapura  
Dadimba  
Shukavasa  
Lohitaphala  
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### **Classification According to Ayurveda**

#### **Charaka Samhita:**

Lekhaniya (Fat-reducing)  
Jwarahara (Antipyretic)  
Sangrahaniya (Astringent, Absorbent in the gut)  
Hridya (Cardiotonic)

#### **Sushruta Samhita:**

Dadimadi Varga (Group of herbs related to digestion and cardiac function)

**Vagbhata:**

Hridya (Heart-strengthening)

Rochana (Appetizer)

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**Varieties & Adulterants (CV – Controversy, AD – Adulterants)**

Swadu Dadima – Sweet pomegranate

Amla Dadima – Sour pomegranate

Tiktarasa Dadima – Bitter variety

Wild pomegranates are sometimes used as adulterants.

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**Part Used**

Fruit

Seeds

Bark

Flowers

**Morphology**

Type: Small deciduous tree or shrub

Leaves: Glossy, narrow, oblong

Flowers: Bright red to orange, tubular

Fruits: Round, thick-skinned with numerous red seeds

Seeds: Hard and juicy with sweet to sour taste

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**Habitat & Distribution**

Found throughout India, particularly in Himalayan regions, Maharashtra, Gujarat, and Rajasthan.

Thrives in dry, warm climates.

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### **Chemical Constituents**

Alkaloids – Pelletierine, Isopelletierine  
Flavonoids – Quercetin, Anthocyanins  
Tannins – Punicalagin, Ellagic acid  
Essential Oils – Limonene, Myristic acid  
Vitamins & Minerals – Vitamin C, Vitamin K, Potassium, Iron

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### **Properties According to Ayurveda**

Rasa (Taste): Madhura (Sweet), Amla (Sour), Kashaya (Astringent)  
Guna (Qualities): Laghu (Light), Snigdha (Unctuous)  
Virya (Potency): Anushna (Mildly warm)  
Vipaka (Post-digestive effect): Madhura (Sweet)  
Karma (Therapeutic actions): Deepana (Appetizer)  
Pachana (Digestive)  
Rochana (Enhances taste)  
Hridaya (Cardiotonic)  
Balya (Strength-promoting)  
Jwaraghna (Antipyretic)  
Grahi (Absorbent, useful in diarrhea)  
Varnya (Enhances complexion)

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### **Indications**

Digestive Disorders – Anorexia, indigestion, diarrhea, dysentery  
Cardiovascular Health – Hypertension, anemia, cholesterol reduction  
Respiratory Disorders – Cough, sore throat, asthma  
Reproductive Health – Aphrodisiac, improves fertility, regulates menstrual cycle  
Urinary Disorders – Diuretic, beneficial in dysuria  
Skin Diseases – Anti-aging, treats acne, eczema, and wounds  
Immunity Booster – Antioxidant-rich, helps in infections

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### **Dosage**

Powder: 3-6 g  
Juice: 50-100 ml  
Decoction: 50-100 ml

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### **External Uses**

Used as a paste in skin diseases and burns.  
Pomegranate rind (peel) helps in wound healing and reducing scars.  
Mouthwash with pomegranate extract prevents oral infections.

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### **Internal Uses**

#### **Nervous System**

Acts as a brain tonic and memory enhancer.  
Used in treating Alzheimer's disease and cognitive decline.

#### **Digestive System**

Best for digestion – Reduces bloating, indigestion, and acidity.  
Astringent properties help in diarrhea and dysentery.

#### **Circulatory System**

Strengthens the heart and lowers blood pressure.  
Helps in anemia by improving hemoglobin levels.

#### **Respiratory System**

Helps in cough, bronchitis, and sore throat.  
Anti-inflammatory properties reduce asthma symptoms.

#### **Urinary System**

Diuretic action – Helps in urinary infections and kidney stones.

#### **Reproductive System**

Aphrodisiac – Enhances fertility in both men and women.

Regulates menstrual cycle and reduces PMS symptoms.

Skin

Antioxidant-rich – Fights aging, wrinkles, and acne.

Improves skin complexion and treats sunburns.

Satmikaran (Rejuvenation)

Acts as a general tonic, boosts immunity, and enhances vitality.

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### **Important Ayurvedic Formulations (Yogas)**

Dadimadi Churna – Used in digestive disorders.

Dadimavaleha – Beneficial for respiratory issues and weakness.

Dadimashtaka Churna – Used in diarrhea and indigestion.

Shadangapaniya – A cooling drink for fever management.

Pittashamak Kashaya – Used in hyperacidity and ulcers.

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### **Important Research Work on Dadima**

1. Antioxidant & Anti-aging Effects – Rich in polyphenols, fights free radicals.
2. Anti-cancer Properties – Inhibits tumor growth in breast and prostate cancer.
3. Cardiovascular Benefits – Lowers cholesterol and blood pressure.
4. Anti-inflammatory & Antibacterial – Effective in oral health & infections.
5. Memory Enhancing Effects – Helps in Alzheimer's and cognitive disorders.
6. Diabetes Management – Improves insulin sensitivity and controls sugar levels.
7. Anti-Obesity Properties – Helps in weight loss and metabolism.
8. Fertility & Sexual Health – Increases sperm count and testosterone.

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### **Therapeutic Uses**

1. Jwara (Fever) – Juice or decoction helps in fever reduction.
2. Atisara (Diarrhea) – Dried pomegranate peel with honey stops loose motions.
3. Rakta Vikara (Blood Disorders) – Helps in anemia and blood purification.
4. Grahani (IBS) – Regulates gut motility and digestion.

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Dadima is a powerful medicinal fruit that offers a wide range of health benefits in both Ayurveda and modern medicine.