

Kathal / Panasa (*Artocarpus heterophyllus Lam.*)

Family: Moraceae

Vernacular Names: Hindi: Kathal, Bengali: Kanthal, Tamil: Palaa, Malayalam: Chakka, Kannada: Halasina hannu Paryay / Sanskrit

Synonyms: Panasa, Kantaki phala, Ashaya phala, Atibrihatphala, Skandhaphala, Amashayaphala, Mridangaphala

Ras Panchak:

Rasa	- Madhura + Kashaya,
Guna	- Guru, Snigdha,
Virya	- Sheeta,
Vipaka	- Madhura.

Doshaghnata: VataPitta shamak, Kapha vardhak

Amayik Prayog: Digestive support, acid reflux, gastritis, peptic ulcer, wound healing, arthritis, postpartum diet, anemia, asthma, diarrhea

Matra: Ripe fruit as food; Kwath 50 - 100 ml; Beeja churna 3 - 6 g

Specific Formulations: Panasa Arishta, Virechana me SaptalaShankhini ke saath

Chemical Composition: Carotenoids, flavonoids, tannins, sterols, lupeol, gallic acid, ellagic acid, quercetin, artocarpin, lignans, isoflavones

