

Drug Review – Dadima (Punicagranum L)**Dr. Sangeeta Mangule**Assistant Professor,
Sant Gajanan Maharaj Ayurved Medical college, Mahagaon**Abstract :**

Pomegranate means Dadima is a drug commonly used as a medicinal drug as well as Food Material. It is most popular fruit consumed in India. Its fruit, skin of fruit and skin of root is used for the preparation of medicines. It is quite effective in immunity boosting. It is used in both Internal and external medicines. It is used in Anemic patients. Also used in Acidity, Indigestion, Hridrog, Raktapitta, Painful Micturition, Oligospermia, Fever. Due to its vast useful property, present study is an attempt to elaborate and identify the therapeutic use of Dadima.

Keywords- Pomegranate, Dadima, Fruit, Anemia, therapeutic.

Introduction –

Dadima (Pomegranate, Punicagranum L) is most commonly used fruit. It is ancient, borne on a small, long living deciduous shrub. It has native to Iran, Afghanistan and Balochistan, but nowadays it found all over India. Its store place is Udhampur (Jammu). Its fruit is used as a food as well as it has a medicinal properties. So it is the drug of interest of many researchers. Ayurvedic Pharmacology and modern nutritional science have discovered numerous pharmacological properties of Fruit, seeds, flowers, bark of Dadima and recommend their therapeutic use for various diseased conditions. Dadima fruit is famous for its nutritional and medicinal qualities and it is used as a valuable fruit for health benefits. Therefore therapeutic interest of this drug has been grown tremendously in recent years. This therapeutic and pharmacological use & effect of Dadima fruit and its effect on mind and body by regular use have to be researched and have to set guidelines for proper use of Dadima drug in health service. This study is an attempt to review in detail the Dadima drug for therapeutic use.

Aim and Objectives –

1. To review the pharmacological properties of Dadima from various classical Ayurvedic texts, Various Samhitas, Research Journals, Modern Texts and Previous research Papers.
2. To study therapeutic properties of Dadima.

3. To study numerous pharmaceutical properties of Dadima which can be used in health care system.

Material and Methods –

Various Classical Ayurvedic Texts, Samhitas, Nighantu, Research Journals, modern Literature, Previous research work related to Dadima were used to study Drug Dadima in detail and to fulfill the objectives.

Review of Literature –

Our Ayurveda and Modern Science have stated pharmacological properties of Dadima drug in detail.

दाडिमः करको दन्तबीजो लोहीतपुष्पकः |
तरफलं त्रिविधं स्वादु स्वाद्वम्लंकेवलाम्लकम् ||
तत्तु स्वादु त्रिदोषघ्नं तृड्दाहज्वरनाशनम् |
हृत्कण्ठमुखदोषघ्नं तर्पणं शुक्रलं लघु ||
कषायानुरसं ग्राही स्निग्धं मेधाबलप्रदम् |
स्वाद्वम्लं दीपनं रूच्यं किंचित्पित्तकरं लघु ||
अम्लं तु पित्तजनकमामवातकफाहम् | (भावप्रकाश)
अम्लं कषायमधुरं वातघ्नं ग्राही दीपनम् |
स्निग्धोष्णं दाडिमं हृद्यं कफपित्ताविरोधि च ||
रूचाम्लं दाडिमं यत्तु पित्तानिलकोपनम् |
मधुरं पित्तनुत्तेषां तद्धि दाडिममुत्तमम् || (च.सू. २७)
कषायानुरसं तेषां दाडिमं नातिपित्तलम् |
दीपनीयं रूचिकरं हृद्यं वर्चोविबन्धनम् ||
द्विविधं तत्तु विज्ञेयं मधुरं चाम्लमेव च |
त्रिदोषघ्नं तु मधुरमम्लं वातकफापहम् || (सु.सू. ४६)

Drug – Dadima
 Family – Punicaceae
 Gana- Hrudya gana, Chhardinigrahan gana,
 Parushakadi gana
 Latin Name – Punica granatum Linn.
 Other names –
 Sanskrit – Dadim, Dantabeej, Lohitpushpak
 Hindi – Anar
 Marathi- Dalimb
 Gujarati – Dadam
 Tamil – Madulai
 Telugu – Danimma
 Kannada – Dalimb
 Malyalam – Matalam
 Farasi- Anar
 Arabi- Rumman
 English – Pomegranate

Chemical Composition –

Pomegranate contains 78 % Liquidity, 1.6% protein, 0.1 % fat, 5.1 % cellulose, 14.5 % Carbohydrates, 0.7 % minerals. It also has 10 mg Calcium, 12 mg Magnesium, 14 mg Oxalic acid, 70 mg Phosphorus, 0.3 mg Loha, 0.8 mg Sodium, 133 mg Potassium, 0.2 mg copper, 12 mg Sulphur, 2 mg Chlorine, 0.06 mg thiamine, 0.1 mg Riboflavin, 0.30 mg Nicotinic acid and 14 mg Vitamin C.

Table : Rasapanchaka of Dadima

Nighantu	Rasa	Guna	Veer ya	Vipak a	Doshaghn ata
Dhanwan tari Nighantu (D.N.)	Madh ura	Lagh u	Shee ta	Madh ura	Kaphapitt aghna
Shaligra m Nighantu (S.N.) Priyangu Nighantu (P.N.) Bhavapra kash Nighantu (B.N.)	Kasha ya	Snig dha		Madh ura (B.P., P.N.)	Tridoshgh na (S.N.)
Madanap al Nighnatu (M.N.) Nighantu Adarsha (N.A.)	Madh ura, Amla, Kasha ya	Lagh u	Shee ta	Madh ura	Tridoshag hna

Kaiyadev a Nighantu (K.N.)	Madh ura, Amla	Lagh u, Snig dha	Shee ta	Madh ura	Tridoshag hna
Raja Nighantu (R.N.)	Madh ura	Lagh u	Shee ta		Tridoshag hna

Useful Parts – Fruit, Root bark, Fruit skin, Flower, Fruit Juice.

Table : Pharmacological Action of Dadima

Sr . No.	Action	D. N.	M. N.	K. N.	R. N.	B. N.	S. N.	P. N.
1.	Hrudya		✓	✓	✓	✓	✓	
2.	Balya							✓
3.	Tarpan				✓		✓	
4.	Grahi		✓	✓	✓	✓	✓	✓
5.	Krimigh na							✓
6.	Medhya			✓				
7.	Shukrala					✓		
8.	Tridosha ghna		✓	✓				

(D.N.- Dhanwantari Nighantu, M.N.- Madanapal Nighantu, K.N.- Kaiyadeva Nighantu, R.N.- Raja Nighantu, B.N.- Bhavaprakash Nighantu, S.N.- Shaligram Nighantu, P.N. – Priyangu Nighantu)

Use of Dadima – Fruit Swaras - 20 to 50 ml

Table : Single use of Dadima

Internal Use		External Use	
Kalpa	Vyadhi	Kalpa	Vyadhi
Dadim a Swaras	Agnimandy a, Aruchi, Amlapitta, Pittajatisara, Pravahika, Gulma roga	Dadima Swaras	Netra Roga
		Dadima Kwath	Netra Roga
		Gandus h Yoga	Pittaj Jwaramukhavairasya ta

Table : Ingredients in Kalpas

Internal Use		External Use	
Kalpa	Vyadhi	Kalpa	Vyadhi
Kalyanaka Ghrita	Apamarak	Kavalagraha	Arochaka
Shatyadi Churna	Pleehavruddhi	Athajjanani	Shophaphghna
Dashmuli ghrita	Kaphaja gulma	Vidalaka yoga	Netraroga
Chitrakadi Ghrita	Arsha	Dadimadi lepa	Trushna
Chavyadi ghrita	Gudanshabhrama	Mahalaxminarayana yoga	Vatavyadhi
Pippalyadi ghrita	Vibandhanashak	Kapityadi lepa	Trishna
Hingwadi Gutika	Shool	Tilkadi kalka	Shwanadanasha
Chitrakadi vati	Grahani	Neelikadi taila	Darnak
Jeeraka Avaleha	Soma roga	Trushnanashak yoga	Trushna
Maharohit akam ghrita	Udara roga	Mulkadi lepa	Purani Granthi
Dadimadi churna	Apatantraka	Manarasa	Parikartika
Karvyadi gutika	Arochaka	Dhatakyadi taila	Yoniroga
Dadima avaleha	Jwara	Trushnanashak Panchamlaka	Trushna
Dadimasht aka churna	Jwara	Dadhina swaras Siddha Taila	Karna roga
Triphaladi mahasneha	Siragat vata	Murdha lepa	Trishnadaha
Hapushadi churna	Sarvagat vata		
Shatavari ghrita	Jasa		

Table : Chemical Constituent and Pharmacological action

Sr. No.	Plant components	Chemical Constituents	Pharmacological Action
1.	Pomegranate Juice	Anthocyanins, Glucose, Ellagic acid, Gallic acid, Ascorbic acid	Anti hypertensive, Laxative and Diuretic, anti oxidant
2.	Pomegranate seed	Punic acid, Ellagic acid,	Anti inflammatory,

	other fatty acids	anti infertility, anti oxidant, anti cancer
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Table : Modern Medicinal use

Internal Use	External Use
Pomegranate seed juice - Anemia	Pomegranate juice- oral hygiene
Pomegranate juice- osteoarthritis	Pomegranate and papaya- Glowing skin
Pomegranate juice- Heart disease	Pomegranate Juice and Green tea - Acne
Pomegranate Juice- Reducing Arterial Plaque	Pomegranate Juice and Lemon Juice – Sun tan
Pomegranate juice- Cancer	Pomegranate Juice and honey – Wrinkled skin
Pomegranate juice- Alzheimer's disease	Pomegranate seed oil – dry skin
Pomegranate juice- Erectile dysfunction	Pomegranate juice – Dry skin
Pomegranate juice- Leprosy	Pomegranate Juice- Gingivitis
Pomegranate juice- Snake bite	
Pomegranate juice-Low weight premature infants	

Discussion and Conclusion -

1. Dadima fruit is used as medicine from ancient time Bauddha kala until today.
2. Dadima fruit has best potency when it is produced in September to February month. Due to this, it is collected and stored as avaleha and dry seed form for future medicinal preparations.
3. Dadima drug can be used internally as well as externally for medicinal use.
4. 85 % of Nighantu literature have stated Hrudya and Grahi action , 25 % have stated Tarpan, Tridoshaghna action and 3 Nighantus have quoted only Balya, Krimighna, Shukrala use of Dadima drug.
5. Dadima fruit improves digestion and sapta dhatu vardhana. It has deepan, rochana, madhura , Amla rasa and Rasayana property. So it can be used like a daily food item.
6. The vast variety of dosage form and its use in many Kalpas proves it as a special drug for therapeutic use in many diseases and it

can be used in both internal as well enter external form.

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