



***Punica granatum* L.**

**Family:** Punicaceae

**Common names:** Kabuli anar, Pomegranate



**Description:**

*Punica granatum* is a small deciduous shrub or small tree that grows up to 5-8 m tall. leaves are opposite or sub opposite, glossy, narrow oblong, entire, 3–7 cm long and 2 cm broad. The flowers are bright red. The edible fruit is a berry, intermediate in size between a lemon or a grapefruit, reddish in colour. The number of seeds in a pomegranate can vary. Each seed has a surrounding water-laden pulp. The seeds are "exarillate", i.e., unlike some other species in the order, Myrtales, no aril is present. The seeds are embedded in a white, spongy, astringent membrane (Larue, 1980).

**Utilization:**

Fruits are edible. It is largely used as a dessert. The seeds along with the fleshy portions are dried and commercially marketed as Anardana. Pomegranate is great for curing a number of ailments and diseases. The juice of its fruit helps to reduce the risk of strokes, heart diseases and heart attacks. However, modern research suggests that pomegranates might be useful in treating such serious conditions as prostate cancer, skin cancer, osteoarthritis, and diabetes (Bhowmik *et.al.*,2013). Juice of flower is used to treat nose bleeds. Dried, pulverized flower buds are employed as a remedy for bronchitis ( Jurenka *et al.*,2008).

Part	Uses
Fruit Juice	Jaundice, diarrhoea and heart diseases
Flower bud	Bronchitis

**References:**

- Larue James H; (1980) "Growing Pomegranates in California". California Agriculture and Natural Resources: 10-25.
- Jurenka J; (2008) Therapeutic applications of pomegranate (*Punica granatum* L.): a review. Alternative medicine review, 13(2), 128.
- Bhowmik D, Gopinath H, Kumar B. P and Kumar K;(2013) Medicinal uses of *Punica granatum* and its health benefits. Journal of Pharmacognosy and Phytochemistry, 1(5).