



Review Article

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CLASSICAL USES OF DADIMA: A REVIEW

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ABSTRACT

Dadima phala has been used as both as Aharaas well as Aushadha. The Botanical Name of Dadima is *Punicagranatum* Linn. The concept of Nutraceuticals is gaining a lot of importance in the recent few days. People are exhausted taking medicines which are difficult to take and also have lot of side effects. They prefer to take something which is easily available and also that which can be a part of food to treat their ailments. Nutraceuticals have been defined a food or a part of food that provides medicinal or health benefit including prevention and treatment of diseases. Dadima is a fruit which is taken as a part of food it can be considered a Nutraceutical. There are a lot of medicinal values attributed to different parts of the Dadima. This article reviews the various formulations (Both simple as well as compound) from across the classics of Ayurveda like Charaka Samhita, Sushruta Samhita, Astanga Hrudaya, Bhavaprakasha, Chakradutta, Yogaratanakara, Harita Samhita, Bhaishajya ratnavali etc.

Keywords: Dadima, Nutraceutical, Simple and Compound formulations

INTRODUCTION

Dadima has been mentioned under Hridya and Chardi nigrhana Vargas of Charaka and Parushakadi gana of Susruta. Among the nighantus it has been mentioned under Amradi varga of Bhavaprakasha nighantu and Rajanighantu and Oshadhi varga of Kaiyadeva nighantu. It has synonyms like Karaka, Kuchaphala, Dantabija, Phalashadava etc.

- Botanical Name- *Punica granatum* Linn.
- Family: Punicaceae
- Habitat-Dadima is a native of Afghanistan, Baluchistan and Persia. Apparently wild in the warm valleys in outer parts of the western Himalayas, hilly tracts of Punjab and Sind, cultivated in Western and Northern Bengal, Bihar, Orissa, Maharashtra and some parts of Gujarat¹. This species is distributed across S.Europe, N.Africa and S.E.Asia. It grows wild in the sub-Himalayan tracts up to 1500 m altitude; cultivated throughout India for its edible fruits. Flowering and fruiting season. Spring or summer to rainy to autumn season onwards. Wild and cultivated or planted trees may vary for seasons in different regions or occurrence and growth of plants.
- Habit-A large deciduous shrub or small tree, bark smooth, grey, thin; often armed with small axillary or terminal thorns.
- Leaves- opposite, 2.5-6.3 cm long. Oblong-lanceolate, oblong-elliptic or oblong-oblongeolate, glabrous, entire, minutely pellucid-punctate, shining above, bright green beneath, base narrowed into a very short petiole
- Flower- 3.8-5 cm long and much across, mostly solitary, sometimes 2-4 together, terminating short shoots, sometimes apparently axillary sessile or nearly so.
- Calyx- tube campanulate, adnate to and produced beyond the ovary, coriaceous, lobes 5-7, valvate
- Petals- 5-7, obovate, scarlet, wrinkled, inserted between the calyx lobes. Stamens are numerous, inserted between the

calyx below the petals at various levels; anthers elliptic, dehiscent longitudinally.

- Ovary- inferior, many-celled, the cells arranged in 2 concentric circles.
- Style -long, bent; stigma capitate.
- Carpels- early coalescing and owing to unequal growth becomes arranged 2 tiers; 3 in lower and 5-9 in the upper
- Fruit- 3.8-7.5 cm in diameter, globose, tipped with the calyx- limb, rind coriaceous, woody, the interior septate with the membranous walls of the carpels each carpel containing numerous seeds angular from mutual pressure. Seeds with a watery outer coat, containing pink juice and horny inner coat.

Varieties

According to Bhavaprakasha nighantu- 3 varieties

- Swadu
- Swadwamla
- Amla

According to Dhanvantari nighantu

- Madhura,
- Amla

RASA PANCHAKA

Table 1: Madhura Dadima (sweet variety)²

Rasa	Madhura, Kashaya, Amla
Guna	Laghu, Snigdha
Vipaka	Madhura
Veerya	Anushna

Table 2: Amla Dadima (sour variety)

Rasa	Amla
Guna	Laghu, ruksha
Vipaka	Amla
Veerya	Ushna

Classical uses of Dadima

Various classics like Charaka Samhita, Susruta Samhita, Astanga Sangraha, Astanga Hrudaya, Bhavaprakasha, Chakradutta, Yogaratnakara, Vanagasena Samhita, Harita Samhita, Bhaishajya ratnavali etc. were reviewed to collect formulations in which any part of Dadima was used as an ingredient.

Formulations of Dadima in Charaka Samhita.

Raktapitta- Charaka refers about Shatavaryadi Ghrita in which Dadima pushpa is one of the ingredients. This formulation can be used for the treatment of Kasa (Cough), Jwara (Fever), Anaha, Vibandha (Constipation), Shula (Colic pain) and Rakta pitta (Bleeding disorders)³.

Gulma- There is a reference of Hingusauvarchaladya Ghrita in which Dadima (Beeja) is one of the ingredients. This has been used in the treatment of Shula (Colic pain) and Anaha. When this is taken along with Dadhi(Curds) it treats Vataja Gulma(Abdominal lump caused due to Air humor).

Hapushadi Ghrita- In this formulation Dadima Swarasa has been used as an ingredient. It can be used for the treatment of Yoni roga(Vaginal disorders), Arshas(Haemorrhoids), Grahani(Irritable bowel Syndrome), Shwasa(Bronchial Asthma), Kasa(Cough), Aruchi(Anorexia), Hridroga(Heart disorders) and Parshwashula(Pain in the flanks).

Pippalyadya Ghrita- Here also Dadima phala in the form of swarasa(Juice) has been mentioned as one of the ingredients. This yoga is helpful in the treatment of Vataja Gulma(Abdominal lump caused due to Air humor), Yoni shula(Pain in the vagina), Shirashula(Headache) and Vishama jwara(Irregular or intermittent fever).

Hingwadi churna or Gutika – Amla Dadima phala is one of the ingredients of this yoga. This is useful in the treatment of Parshwashula(Pain in the flanks), Hridayashula(Pain in the heart), Bastishula(Pain in Urinary Bladder), Kaphavataja Gulma(Abdominal lump), Anaha, Mutrakriccha(Dysuria) etc.

Dashamuli Ghrita- Dadima beeja is one of the ingredients which is useful in the treatment of Kaphaja Gulma(Abdominal Lump)⁴

In the Rajayakshma Chikitsa Adhyaya, while mentioning about the treatment of Atisara(Diarrhoea) during the Rajayakshma Charaka has mentioned about Khada yoga. Among various other kwathas, the Dadima patra kwatha has been used for this formulation⁵.(Ch.Chi-8/131)

Unmada – Dadima twak is one of the Ingredients of Kalyanaka Ghrita mentioned for the treatment of Unmada(Insanity), Apasmara(Epilepsy), Agnimandhya(Indigestion), Visarpa(Herpes), Kandu(Itching) etc.

Amla Dadima phala is the ingredient of Lashunadya Ghrita used for the treatment of Shula(Colic pain), Gulma(Abdominal Lump), Arsha(Haemorrhoids) and all types of Unmada. (Insanity)⁶

Kshatakshina chikitsa- Amla Dadima is an ingredient of Saindhavadi churna which is helpful as Deepana(Carminative), Bala karaka(Strengthen promoter) and Parshwapeeda hara(Pain in the flanks).

Arshas chikitsa- For Anulomana of Mala(Easy evacuation of Faeces), Yavani, Nagara and Pata churna are mixed in Amla Dadima

Swarasa and taken along with Guda(Jaggery), Lavana(Salt) and Dadhi(Curds)⁷Pippalyadya ghrita- Amla Dadima phala swarasa is used, which is helpful to treat Vibandha(Constipation)⁷.

Grahani Chikitsa- Amla Dadima Swarasa is the Bhavana dravya in the preparation of Chitrakadya gutika used for Deepana and Pachana(Proper digestion).

Amla Dadima phala swarasa siddha Yavagu is very much useful in Grahani(Irritable bowel Syndrome).⁸

Pandu chikitsa- Dadimaadya ghrita- it is the chief ingredient of this formulation. It is helpful in Pandu (Anemia), Gulma (Abdominal tumor), Arshas (Haemorrhoids), Pleeha(Splenic disorders) and Vatakaphaja vikaras⁹

Kasa Chikitsa- Dadima phala is the ingredient of Kantakari Ghrita explained in the context of Kasa chikitsa.(Treatment of Cough)¹⁰

Atisara Chikitsa- Dadima phala is the ingredient of Chavyadi Ghrita used for the treatment of Guda bhrashta(Rectal Prolapse)¹¹.

In the treatment of Pittatisara(Diarrhoea caused due to Pitta dominance) there is a mention of a preparation of Utpala, Dhataki pushpa, Dadima twak and Shunti which has to be taken along with Madhu and Tandulodaka.

Trishna chikitsa- lepa prepared out of Dadima, Vidari and Beejapuraka is beneficial.

Use of Dadima in Susruta Samhita¹²

In the treatment of Karnashula(Earache), the oil cooked with the juice of Matulunga, Dadima, tintidika and gomutra is said to be useful.

Hingu, Trikatu, Vaca, Ajamoda, Dhanyaka, Ajagandha, Dadima, Chitraka, Yavakshara, Saindhava, Bida, Pippali mula – the powders of these are impregnated in matulunga swarasa and pills are prepared with this. This is useful in the treatment of Kasa(Cough), Shwasa(Bronchial Asthma), Gulma(Abdominal Lump), Udara, Arochaka(Anorexia), Hridroga(Heart Disease), Adhmana(Distention of abdomen with Gas), Parshvashula(Pain in the flanks), Basti shula(Pain in the urinary bladder), Udara shula(Pain in the stomach), Anaha, Mutrakriccha(Dysuria), Pleeha roga(Splenic disorders), Arshas(Haemorrhoids).

The decoction prepared out of Priyangu, Sariva, Padmaka, Manjistha, Ambastha, Dadima twak, Shalaparni, Nagakeshara, Dhataki, Bakula, Shalmali, Sriveshtaka and Mocharasa is cooked with gruel and this is administered to the patient suffering from prameha(Diabetes).

Dwandaja jwara pathya prayoga(Irregular fever)- For this the yusha(Medicated soup) prepared out of Dadima, Amalaki and mudga is said to be very useful.

In the treatment of pakwatisara(Diarrhoea), there is mention of 4 stambana yogas- Here one yoga consists of Shalmali veshtaka, Rodhra and Dadima twak. This can either be taken in the Churna(powder) or Kwatha(Decoction) form and given. The anupana can either be Madhu(Honey) or Tandulodaka(Rice water).

Kapitthadi prayoga in Atisara(Diarrhoea)- Kapitta phala, Shalmali, Vata, Karpasa and Dadima all these are given along with Dadhi (Curds)for the treatment of Atisara.

Formulations of Dadima in Ashtanga Hrudaya

Dadimadi yoga- Amla Dadima twak 2 pala, Purana guda 8 pala Trikatu 3 pala – the formulation made out of all the above is useful in the treatment of Shwasa(Asthma) and Kasa(Cough) (a.h.chi.3/51)

Gudadi yoga- Guda 8 tola, Yava kshara ½ karsha, Maricha 1 karsha, Pippali 1 karsha, Dadima phala 1 pala – the churnas of all these mixed together and administered is helpful in the treatment of Kasa(Cough) and Shwasa(Asthma)¹³

Saindhavadi yoga – Amla Dadima phala is one of the ingredients of this yoga which is Ruchikaraka (Taste Promoter), Agnideepaka (Appetizer), Balavardhaka (Strength promoter), Parshvashula (Pain in the flanks) nashaka, Shwasa (Asthma) and Kasahara (Cough)¹³

Yavanishadava churna- Amla Dadima phala is ingredient of this yoga which is useful in the treatment of Malabandha (Constipation), Kasa (Cough), Hridroga (Heart disorders), Parshwashula (Pain in the flanks), Arshas (Haemorrhoids) and Grahani (Irritable Bowel Syndrome).¹⁴ The powder of Amla Dadima phala, Maricha, Shunti and Hingu fried in ghee all are mixed together and administered in case of Apatantra (Convulsions), Hridroga (Heart disorders) and Shwasa roga (Asthma).¹⁵

Takra prayoga in arshas- Amla Dadima swarasa along with Jeeraka, Yavani, Guda Nagara and Pata churna are processed with Takra (Butter milk). This is useful in Anulomana of apana vayu and mala, (Easy evacuation of Gas and Faeces)¹⁶

Dadika ghruta- Dadima phala swarasa is one of the ingredients of this yoga which is useful in the treatment of Apasmara (Epilepsy), Unmada (Insanity), Mutraroga (Urinary Disorders) and Vataja rogas (Nervous disorders)¹⁷

Lashunadi ghruta- Dadima swarasa is one of the ingredients of this yoga which is useful in the treatment of all types of Gulma roga (Abdominal Lump)¹⁷.

Shatpala ghruta- Dadima swarasa is one of the ingredients of this yoga which is helpful in the treatment of raja yakshma (Tuberculosis) and Gulma¹⁷.

Formulations of Dadima in Bhavaprakasha Samhita¹⁸

In Pittaja jwara chikitsa (Fever due to Pitta), gargling the mouth with water mixed with the paste of seeds of ripe Dadima and Dhanyaka is said to be beneficial.

Fine powders of Amla Dadima phala- 2 pala, Khanda sharkara- 3 pala and Trijataka -3 palas are made into formulation called **Dadimadi churna**. This churna taken in the dose of 1 to 3 g is useful in the treatment of Arochaka (Anorexia), Peenasa (Rhinitis), Jwara (Fever) and Kasa (Cough).

Dadima phala twak is the ingredient of Madhukadi churna which is useful in the treatment of pittaja Atisara (Diarrhoea).

Dadima puta paka- Administration of the juice extracted from the **Dadima phala kalka** through putapaka vidhi mixed along with honey is useful in the treatment of all types of atisara.

Kutaja Dadima kashaya- the kashaya prepared out kutaja, **Dadima phala twak** is useful in the treatment of atisara and raktatisara.

Dadimashtakam- Dadima beeja 8 pala along with Vamshalochana, Chaturjataka, Yavani, Dhanyaka, Ajaji, Pippali mula and Vyosha (Trikatu) is called as Dadimashtaka. This is useful in the treatment of Atisara, Grahani, Kshaya, Gulma, Gala roga (Throat disorders), Kasa, Shwasa, Aruchi and Hikka (Hiccups).

Dadima is one of the ingredient of **Patadya churna** which is helpful in the treatment of Chardi (Vomiting), Jwara, Atisara, Shula, Trishna, Daha (Burning sensation), Grahani dosha, Arochaka and Agnimandya.

Dadima is the ingredient of **Kapitashtaka churna** which is useful in the treatment of Atisara, Grahani, Kshaya, Gulma, Gala roga, kasa, Shwasa, Agnimandya, Arshas, Pinasa and Arochaka.

Dadima is the ingredient of **Mahagangadhara churna** which is useful in the treatment of Asta vidha jwara (8 types of Jwara), Atisara, Grahani.

Dadima dala is one of the ingredients of **Madhya gangadhara churna** which is useful in the treatment of Atisara, Grahani, Trishna, Durjara kasa (Chronic Cough), different types of Jwara, Pandu and Aruchi,

Dadima is the ingredient of **Jeerakadya churna** which is useful in the treatment of Grahani, Amatisara, Kamala (Jaundice), Pandu and Mandagni

Dadimacchada churna is one of the ingredient of **piyushavalli rasa** which is useful in the treatment of Atisara, Teevra jwara, Severe Raktatisara, Chronic Grahani roga, Sotha (Inflammation), Arshas, Vibandha, Grahani, Daha, Arochaka, Cchardi, Gudabhrashta, Gulma, Udara, Asrigdhara (Dysfunctional uterine bleeding), Kamala etc.

Dadima patra swarasa is one of the bhavana dravya of **Jatiphaldya vatika** useful in the treatment of Kasa, Amlapitta (Acidity), All types of Shota (Inflammation).

Formulations of Dadima in Chakradutta and Bhaishajya Ratnavali¹⁹

Dadima patra is one of the ingredients of **Brihat panchamuladi kwatha** referred for the treatment of Jwaratisara, Atisara, Raktatisara

Dadima is the ingredient of Kanchatadi kwatha which is useful in the treatment of Atisara

Dadima is one of the ingredients of Brihat Lavangadi churna which is used for the treatment of Grahani, Pakwatisara, Vedanayukta Atisara (Painful Diarrhoea)

Dadima is the ingredient of Purna Kala vati which is useful in the treatment of Grahani, Shula, Daha, Jwara and Bhrama.

Dadima is the kalka dravya of the formulation Kantakari ghruta which is used in the treatment of Shwasa, Kasa, Jwara, Arochaka and Shula in children.

Shankhapushpi taila – **Dadima phala twak** is the ingredient of this formulation which is useful for the purpose of Abhyanga (Oil Massage) in all types of diseases of the children. This promotes Kanti (Lustre), Medha, Dhriti (Intelligence) and Pushti (Strength)

Dadima is one of the kalka dravya of the formulation **Brihat chagaladya Ghruta** which is useful in Nasta shukra, shukra nissarana (Disorders of Semen) and Vataja Asrigdhara.

Dadima is one of the main ingredients of **Dadimadya taila** referred for the treatment of asadhya grahani, 20 types of Prameha and all the 6 types of Arshas.

Fine powder of Maricha, pippali, **Dadima beeja** and yavakshara formulated under the name Marichadya churna is useful in the treatment of asadhya kasa, kasa unresponded to other drugs, kasa rejected by the physicians and kasa with expectoration of the pus.

The juice extracted from **Dadima** mixed with vida lavana and honey should kept in the mouth to cure incurable anorexia.

Dadima is the ingredient of guduchyadi kwatha which is useful for hastening suppuration and also checks the aggravation of vayu in the pathology of masurika.

In **pradara roga chikitsadhikara** of Bhaishajyaratnavali there is reference of **Chandanadi churna**. **Dadima phala** is one of the ingredients of this formulation. This was advised by Ashwini kumaras for the treatment of raktapitta. With tandulodaka as anupana, it is useful in the treatment of all four types of Pradara, severe Raktatisara and Raktarshas.

In the **garbhini rogadikara**, there is mentioning of a yoga called **Garbhini vilasa taila** which is useful in Garbha shula. (Pain in the Uterus Dadima beeja) is one of the kalka dravya of this formulation.

In the **Bala roga chikitsa adbhikara Dadima chatusama churna** has been mentioned for the treatment of Diarrhoea of children. The ingredients are Jatiphala churna, Lavanga churna, Jeeraka churna and **Dadima phala**.

The formulation called **Kumarakalyanaka ghruta** has been mentioned in which **Dadimabeeja** is said to be an ingredient which can help during dentition period, sarvagraha dosha shanti and krimidanta.

It is the ingredient of **Mehamudgara vatika** which is useful in the treatment of Prameha, Mutrakricha, Mandagni, Dhatugata jwara, Pandu, Raktapitta and Vatakaphaja rogas.

Dadima beeja is the ingredient of **shukamaatruka vati** which has been mentioned for the treatment of 20 types of Prameha, all types of Mutrakricha and Ashmari.

In the **prameha rogadohikara** formulations called **prameha kulantaka rasa**, **Dadimadya ghritha**, **brihat Dadimadya ghritha** and **mahat Dadimadya ghritha** have been mentioned in which **Dadima phala** is said to be the main ingredient.

Formulations of Dadima in Yoga ratnakara

In the treatment of Vatisara, peya prepared out of Kapittha, Bilwa, Changeri and Dadima is useful which is said to Grahi and Pachani.

In the treatment of Pittatisara, churna of Yashtimadhu, Katphala, Lodhra and **Dadima phala** twak is taken along with Tandulodaka and Madhu.²⁰

Dadima is the ingredient of **Kantakari ghritha** which is useful in the treatment of all pranavaha sroto vikaras.(Respiratory disorders)²¹

In the treatment of Aruchi **sharkaradi yoga** is useful. This consists of sharkara, Dadima, Draksha and Kharjura in equal quantities.²²

Ardraka Dadima yoga- Ardraka along with Saindhava, Dadima and Madhu is useful in Jihwa and kanta shuddi(For cleansing the tongue and throat)²².

In the treatment of tridoshaja chardi, yoga prepared out of masura saktu. Madhu and Dadima swarasa is said to be useful.²³

Dadimadi lepa- Dadima, badara, lodhra, kapitha and beejapuraka all these are taken and made into a paste. This applied to the head which is helpful to treat daha and pippasa²⁴.

In the treatment of Panatyaya(Disorders caused due to excessive alcohol intake), **Kharjuradi mantha** is said to be helpful which has Kharjura, Mrudvika, Vrikshamla, Chinchha, Dadima, Parushaka and Amalaki as ingredient.²⁵

In Daha chikitsa adhyaya, a formulation called **Dashasara churna** has been explained, the ingredients of this are Yashtimadhu, Amalaki, Draksha, Ela, Chandana, Balaka, Madhukapushpa, Kharjura and Dadima. This is said to be useful in treating all kinds of pittaja vikaras.²⁶

In the treatment of Vataja gulma, **Matulungadi yoga** is useful which contains Dadima as one of the ingredient²⁷.

Dadima is the ingredient of **Chitrakadhya ghritha** which is useful in the treatment of Gulma, Durbalata and Shula.²⁷

It is ingredient of **Bhaskara lavanadya churna** which is useful in the treatment of Gulma, Udara,Arshas, Grahani, Kasa, Shwasa etc.²⁷

In the treatment of Mutrakrichha, **Dadimadi yoga** is useful which contains Amla Dadima, Shunti,Jjeeraka and Saindhava lavana.²⁸

The paste made out of Haritaki. Lodhra,Nimba patra, Twak of amra and Dadima is helpful in the improvement of the complexion.²⁹

Dadima is the ingredient of **Maharohitaka ghritha** which is used in the treatment of Kukshishula, Parshwashula, Katishula(Low back ache),Panduroga, Kamala, Atisara. In the treatment of Upadamsha, the lepa of Dadima phala twak is said to be useful²⁹

Formulations of Dadima in Harita Samhita³⁰

In the treatment of Jwaratisara, the paste made of Utpala, **Dadima twak**, Keshara, Kamala, Yashtimadhu and Amalaki in Tanduloka is taken along with Madhu.

In the treatment of Pittatisara, a formulation called **Shaliparnyadi yoga** is said to be useful. The ingredients of this

are Shaliparni, Prishniparni, Bala and Bilwa. All this are processed in **Dadima swarasa** to make kanji(Gruel).

Dadimadi kwata- Dadima, Kapitha, Haritaki, Jambu and Amra pallava all this are processed in Dadhi mastu and this when taken treats Raktatisara.

Dadima phalattwak churna is an ingredient of **Amruta vatika** which is useful in the treatment of Atisara, Shula, Murcha(Fainting), Bhrama, Anaha and Kamala.

In the treatment of Kaphaja grahani, the kwatha prepared of Kantakari, Pippalimula, Chavya, Tulasi, Dadima, Haridra, Musta and Chitraka is said to be useful.

The Varti(Suppository) made of paste of Triphala, Trikatu, Karanja beeja, Dadima and Matulunga swarasa, Haridra when kept the eyes is helpful to treat Visuchika.(gulma chikitsa)

In the treatment of Pittaja shula, Amalaki churna, Loha churna, Haritaki, Shunti, Maricha,Pippali all are taken in equal parts and are soaked in either **Dadima swarasa** or Matulunga swarasa. This when taken helps relieve Pittaja shula/(shula nidana)

Harataladi nasya- when there is rakta pravritti(Bleeding) from the Ears and Nose haratala mixed in **Dadima swarasa** is said to be useful.

DISCUSSION

Nutraceuticals can be defined as “a food or a part of food that provides medicinal or health benefit including prevention and treatment of disease. Fruits have also been considered to be Nutraceuticals as they help in treatment of many diseases along with their nutritive values. Pomegranate has been considered a potent Nutraceutical as it contains various Phytoconstituents which help in the treatment of various diseases. Also it is a very commonly available fruit which is easy to get and cost effective.

In the above review it can be seen that various parts of Dadima like Patra(Leaves), Pushpa(Flowers), Phala(Fruit) and Phala twak(Fruit rind) have been used both for the external and internal applications.

Also Dadima has been evidently used both as a part of food as well medicine in the treatment of various disorders like Jwara, Atisara, Trishna, Gulma, Arshas, Aruchi etc proving it to be an effective Nutraceutical from an Ayurvedic perspective.

CONCLUSION

The concept of Nutraceutical is to use the available food materials as products to treat our ailments. The food materials can be either vegetables or fruits which we use in our daily life. Dadima phala or pomegranate is one of the most commonly used fruit on the day to day basis. It has a lot of nutritional and medicinal properties which make a potent fruit to be used.

Based on the points of the above review it can be seen that Dadima has been used both as part of food as well as medicines in various formulations across various classics of the Ayurveda proving it to be a potent Nutraceutical.

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