Punarnava / Boerhavia diffusa

Part consumed -
Root, Whole plant, Seed

Form consumed -
Juice, Dried powder

Maximum daily consumption by adults -
juice - 5-10 ml
Seed Powder - 6 g

Composition
• Boerhavia acid
• Isoflavonoids
• Punarnavine
• Sitosterol
• Triterpenoids

Indications as per Ayurveda
• Laxative
• Digestive
• Appetizer
• Anti-inflammatory
• Diuretic
• Kidney Stones

Modern Clinical Studies
• Diuretic
• Analgesic
• Muscle relaxant
• Hepato-protective
• Anti hypertensive