

# 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