

Punarnava / *Boerhavia diffusa*

Part consumed -

Root, Whole plant, Seed

Form consumed -

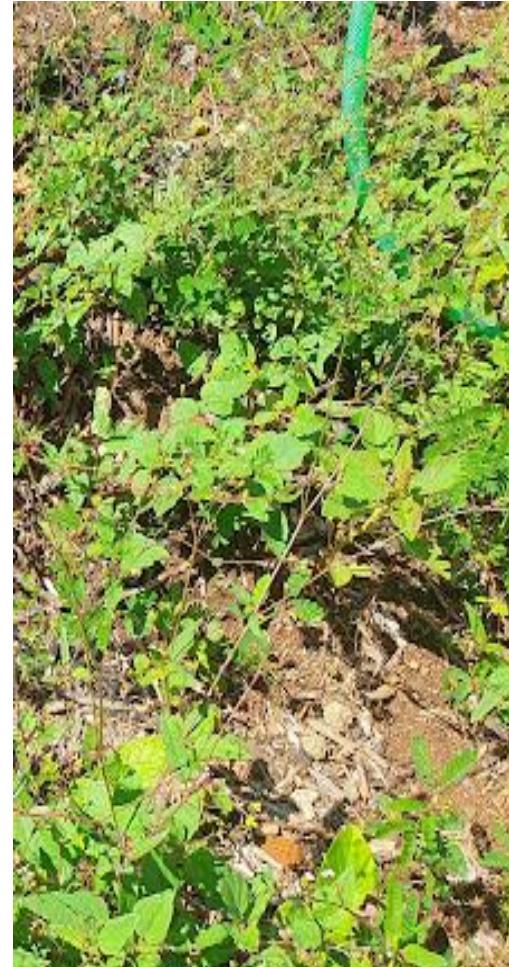
Juice, Dried powder

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