

# POMEGRANATE

*(Punica granatum)*

## Clinical Summary

### Actions

- Antioxidant
- Anti-Inflammatory
- Anticarcinogenic
- Antitumour
- Cardioprotective
- Neuroprotective
- Immunomodulator
- Hypoglycaemic
- Antimicrobial
- Antifungal
- Antiviral
- Antibacterial
- Anthelmintic
- Astringent
- Gastroprotective

### Indications

- Dysentery, diarrhoea, haemorrhoids (also topically), irritable bowel syndrome, intestinal parasites, candidiasis, giardiasis, small intestinal bacterial overgrowth, ulcerative colitis, intestinal dysbiosis
- Urinary tract infections (cystitis)
- Bronchitis, sore throat
- To reduce the risk of cardiovascular disease
- Diabetes, obesity
- Rheumatism
- To strengthen gums
- Heavy menstruation and leucorrhoea
- Antioxidant therapy for oxidative stress mediated diseases

### Traditional Use

The heraldic meanings of the pomegranate hark back to the meanings of the pomegranate in the Greek myth of Persephone and her abduction by Hades, lord of the underworld. The persistence of life, fertility and regeneration.

### Energetics

Bitter, sweet, neutral.

### Constituents

Hydrolysable tannins and anthocyanins including the ellagitannin, punicalagin, which has antioxidant capacity and is unrivalled and unique to pomegranate. It is most abundant in the fruit husk as opposed to the juicy seeds (arils) found within the fruit.

### Use in Pregnancy

Contraindicated. There is insufficient reliable information available regarding the safety of using pomegranate fruit peel during pregnancy or lactation. Pomegranate as a food is likely safe during pregnancy.

### Contraindications and Cautions

None known. Pomegranates have been used without adverse effects for centuries.

### Drug Interactions

Caution with ACE-inhibitors and antihypertensive drugs.

### Administration and Dosage

Liquid extract 1:2 in 30% alcohol  
40 to 120mL weekly