



Plant Profile

PUNICA GRANATUM

POMEGRANATE



"IN BOTH LITERARY AND MEDICAL TRADITIONS, THE POMEGRANATE MEDIATED TRANSITIONS--OR MAINTAINED BALANCE, BETWEEN OPPOSING STATES" (4, 1)

SO ENMESHED IS POMEGRANATE'S LEGACY IN MEDICINE, IT'S SYMBOL AS MEDICINE ITSELF IN MEDICAL SOCIETIS.

IT MOST LIKELY ORIGINATED IN IRAN OR NORTHERN INDIA.

ITS NAME IS LATIN FOR "FRUIT OF MANY SEEDS"

ONE OF BUDDHISM'S "3 BLESSED FRUITS" (1)

THE GREAT BALANCER OF OPPOSITES, DUALISTIC

SYMBOLISM: LIFE/DEATH, FERTILITY AND BARENESS OF LAND AND BODY, HOT/ COLD (MEDICINE), WET/DRY, RETENTION/ EXPULSION, RESURRECTION, LIFE EVERLASTING, SANCTITY OF LIFE

ONE OF THE MOST PROMINENT USES OF POMEGRANATE SYMBOLISM IS IN THE STORY OF HADES' ABDUCTION OF PERSEPHONE BY THE LORD OF THE UNDERWORLD HADES. THE STORY OF PERSEPHONE CAME TO REPRESENT THE SEASONS, A WOMAN'S LOSS OF INNOCENCE, AS WELL AS MARRIAGE. WHEN PERSEPHONE TRIED TO PICK A BEAUTIFUL (NARCISSUS) FLOWER, THE UNDERWORLD OPENED UP AND HADES CAPTURED HER. WHEN HER MOTHER, DEMETER, GODDESS OF THE HARVEST, MADE THE LAND BARREN IN HER GRIEF. AFTER MANY SEASONS OF BARRENESS ON EARTH, THE GODS INTERVENED AND BROUGHT PERSEPHONE BACK TO HER MOTHER. HOWEVER, BEFORE LEAVING HADES GAVE TRICKED HER INTO EATING POMEGRANATE SEEDS, WHICH WAS SAID TO BOND PERSEPHONE TO THE UNDERWORLD FOR ONE SEASON A YEAR, CREATING WINTER, OFTEN THOUGHT TO SYMBOLIZE OUR OWN DECENT INTO SHADOW.

THE POMEGRANATE WAS SACRED TO APHRODITE WHO WAS SAID TO HAVE FIRST PLANTED IT ON THE ISLAND OF KYPROS. THE FRUIT SYMBOLISED FEMALE FERTILITY AND THE MARITAL LOSS OF VIRGINITY WITH THE CONSUMATION OF MARRIAGE (FROM BOTH ITS RED STAINS AND RICH SEEDS).

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ANTIOXIDANT, ANTICARCOGENIC, ANTIINFLAMMATORY, ANTIBACTERIAL, ASTRINGENT/ LAXATIVE, EMMENAGOGUE/ ANTIMENORRHOIC, ESTROGENIC, SPERMATOGENIC (4), EXPECTORANT/ANTIEMETIC, CARDIOPROTECTIVE, IMMUNO-STIMULATORY, PROMOTES NEUROLOGICAL HEALTH, BLOCKS HERPES SIMPLEX VIRUS REPLICATION, FERTILITY/BARRENNESS, ANTI-TUMOR, HEPATOPROTECTIVE, ANTIARTHRITIC (6,32-34)

HELPS TO RELIEVE OR PREVENT SYMPTOMS OF: URINARY TRACT INFECTIONS, SKIN DISORDERS(ECZMA, PSORIASIS), GASTROINTESTINAL COMPLAINTS, MALE INFERTILITY, ERECTILE DYSFUNCTION,HEART DISEASE, CANCER (PROSTATE SKIN AND BREAST, HEAVY BLEEDING (IN WOMEN), PAINFUL/PROBLEMATIC URINATION, FERTILITY/INFERTILITY.

POMEGRANATE IS BEST KNOWN FOR ITS ANTIOXIDANT CAPABILITIES CALLED "FLAVANOLS" KNOWN TO COUNTERACT CANCER RADICALS. (2, 30), IT IS A GOOD SOURCE OF VITAMIN C, WITH ONE POMEGRANATE PROVIDING 10-40% OF DAILY VALUE, AND PROVIDES IRON TO BLOOD DECREASING ANEMIA SYMPTOMS(SEED EXTRACT), THE JUICE HELPS THE LIVER RETAIN VITAMIN A IN THE BODY

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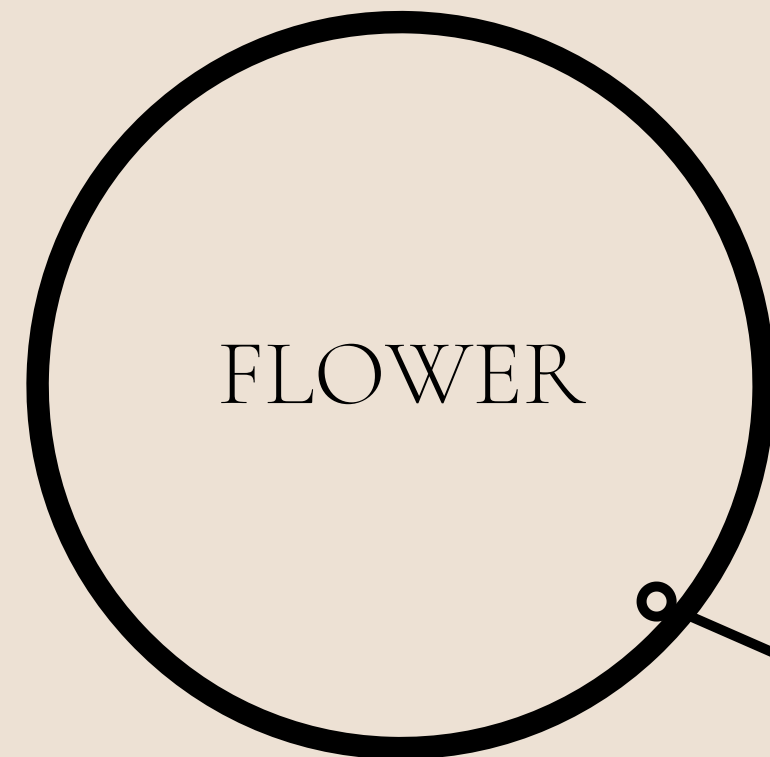
"WOMEN (AND LIKELY MEN) EMPLOYED THE FRUIT IN CONTRACEPTIVE APPLICATIONS, WHICH IS PERHAPS ONE OF IT'S EARLIEST USES

JUICE: COOLING, DUIRETIC, HIGH SOURCE OF ANTIOXIDANTS, EFFECTIVE IN REDUCING HEART DISEASE, INHIBITS THE MOVEMENT OF CANCER CELLS, HELPS FIGHT PROSTATE CANCER (6), NATURAL APRHRODESIAC, PREVENTS ERECTILE DYSFUNCTION. CONTAINS GLUCOSE, FRUTOSE, TANNINS, OXALIC ACID, TONIC FOR HEART AND KIDNEYS

SEED EXTRACT: HELPS CONTROL AGE RELATED ISSUES, REDUCES WRINCKLES, HELPS TO PROVIDE GLOWING YOUTHFUL SKIN, HELPS WOMEN OVERCOME, MENOPAUSAL HORMONAL DEPRESSION

THE ASTRINGENT QUALITIES OF THE RIND, BARK, AND FLOWER JUICE HELP TO TIGHTEN UP SAGGING BREASTS, AND IS APPLIED TO SKIN TO CURE HEMMORHOIDS. (6, PG 30)

* EACH PART OF THE PLANT CONTAINS DIFFERENT MEDICINAL QUALITIES, OFTEN TIMES, WITH OPPOSITE MEDICINAL VALUE.



FLOWER

HELPS RELIEVE NOSEBLEEDS, HAS ANTIOXIDANT 2-3 TIMES MORE THAN RED WINE (2, 31), AND USED IN BATH FOR WOMEN NEEDING RELIEF FROM HEAVY PERIODS.

SEED

ANTIBACTERIAL, ANTIVIRAL, DRINKING POMEGRANATE SEED JUICE IS SEEN AS A BLOOD THINNER, THE JUICE IS ALSO A TONIC FOR THE HEART, THROAT AND EYES, USED TO TONE SKIN. FREQUENT INTAKE OF JUICE IS ASSOCIATED WITH DECREASED RISK OF HEART ATTACK AND STROKES, PREVENTS BLOOD CLOTS, IN DECOCTION TO TREAT SYPHILLUS.

LEAVES

CONTAIN AN ANTIOXIDANT USED TO STIMULATE PRO COLLAGEN SYNTHESIS, AND INHIBIT DEGENERATION.

RIND / PEEL

A BATH WITH DECOCTED POMEGRANATE RINDS TREATED RED UTERINE DISCHARGE. THE RIND WAS USED AS A PESSARY FOR PROLAPSES (4, PG 22, 27)

ANCIENT MEDICAL PRACTITIONERS USED IT AS A CONTRACEPTIVE. "FOR EXAMPLE, "A WOMAN COULD GRIND THE INSIDE OF A FRESH POMEGRANATE PEEL WITH WATER AND APPLY IT." MEN COULD DO THE SAME BY RUBBING IT ON THEIR PENIS BEFORE SEX. (4, PG24)

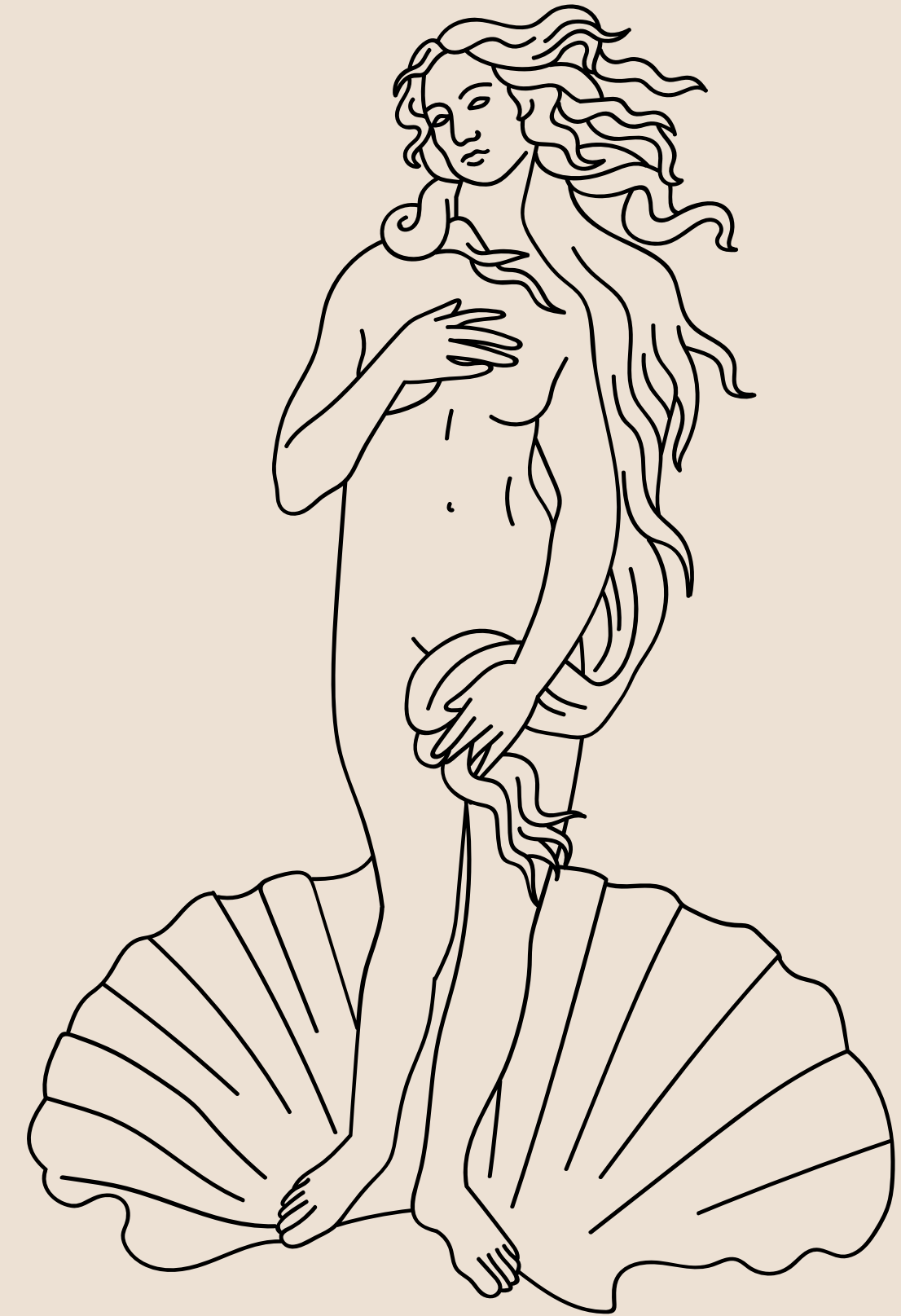
ROOT BARK

ROOT BARK CONTAIN SEVERAL ALKALOIDS. ONE, KNOWN AS ISOPELLOTERINE, IS KNOWN TO FIGHT OFF TAPEWORMS AND INTESTINAL PARASITES AND HAS BEEN USED FOR CENTURIES AS SUCH

ETYMOLOGY

APHRODITE (N.)

GREEK GODDESS OF LOVE AND BEAUTY, PERSONIFICATION OF FEMALE GRACE, 1650S; THE ANCIENTS DERIVED HER NAME FROM GREEK APHROS "FOAM," FROM THE STORY OF HER BIRTH, BUT THE WORD IS PERHAPS RATHER FROM PHOENICIAN ASHTAROTH (ASSYRIAN ISHTAR). BEEKES WRITES, "AS THE GODDESS SEEMS TO BE OF ORIENTAL ORIGIN ..., THE NAME PROBABLY COMES FROM THE EAST TOO. IT MAY HAVE ENTERED GREEK VIA ANOTHER LANGUAGE." HE CONCLUDES, "[I]T SEEMS POSSIBLE THAT THE NAME CAME FROM THE ONE LANGUAGES [SIC] WHICH ON HISTORICAL GROUNDS WE SHOULD EXPECT TO BE RELEVANT: CYPRIOT PHOENICIAN." ASSOCIATED BY THE ROMANS WITH THEIR VENUS, ORIGINALLY A LESS-IMPORTANT GODDESS. IN 17C. ENGLISH, PRONOUNCED TO RHYME WITH NIGHT, RIGHT, ETC.



APHRODDESIAC:

THE NAME COMES FROM THE GREEK **Ἀφροδισιακόν**, APHRODISIAKON, I.E. "SEXUAL, APHRODISIAC", FROM APHRODISIOS, I.E. "PERTAINING TO APHRODITE", [6][7] THE GREEK GODDESS OF LOVE. THROUGHOUT HUMAN HISTORY, FOOD, DRINKS, AND BEHAVIORS HAVE HAD A REPUTATION FOR MAKING SEX MORE ATTAINABLE AND/OR PLEASURABLE.

POMEGRANATE

GLOSSARY

ANTIOXIDANT

A COMPOUND THAT PREVENTS FREE RADICAL OR OXIDATIVE DAMAGE.

TANNINS

A COMPOUND THAT REACTS WITH PROTEIN TO PRODUCE LEATHER LIKE COATING ON ANIMAL TISSUE (AS IN THE PROCESS OF TANNING). IT PROMOTES HEALING AND NUMBING (TO REDUCE IRRITATION) REDUCES INFLAMMATION AND HALTS INFECTION. (3, PG 621)

SEXUAL FUNCTION

FOR MEN, IT IS NOT DEPENDENT ON SEXUAL DESIRE, BUT ALSO THEIR NEUROVASCULAR REGULATION VIA THE HEMODYNAMIC MECHANISMS OF THE PENILE ERECTION.

POMEGRANATE

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