



## Anardana (Pomegranate seed)



Pomegranate seeds dried with pulp is commonly used as a spice in many dishes. The pomegranate seeds are used as a garnish on rice dishes, potatoes, and apple sauce. You can also use top waffles, pancakes, or ice cream sundaes with pomegranate seeds. The fruit rind of pomegranate is useful in chronic dysentery and diarrhea. The pulp and seeds are used as laxative and also stomachic. We are a world-wide supplier, manufacturer and exporter of high grade pomegranate seeds.

Botanical Name: Punica Granatum  
Family: Punicaceae  
Hindi name: Anardana  
Part Used: Seed  
Subclass: Rosidae  
Order: Myrtales  
Class: Magnoliopsida  
Genus: Punica

### Spice Description

Anardana is the name for a culinary spice made from the dried seeds and pulp of some varieties of pomegranate fruit (*Punica granatum*) that are too sour to eat fresh. The wild pomegranates, known as daru and grown in the southern Himalayas, are believed to yield the highest quality seeds for making the sticky spice, though it is also made from cultivated fruit. Wild pomegranates are preferred, however, as they can be grown easily with almost no care or maintenance until the fruits are ready to be harvested. The small pomegranate fruits reach a diameter of only 2.5 inches (6.35 centimeters) with a hard outer rind and dark red to pinkish-white seeds.

### Plant Description and Cultivation

The leaves are opposite or sub-opposite, glossy, narrow oblong, entire, 3-7 cm long and 2 cm broad. The flowers are bright red, 3 cm in diameter, with five petals (often more on cultivated plants). The fruit is between an orange and a grapefruit in size, 7-12 cm in diameter with a rounded hexagonal shape, and has thick reddish skin and many seeds. The edible parts are the seeds and the brilliant red seed pulp surrounding them. There are some cultivars which have been introduced that have a range of pulp colours like purple.

Note :- Rate of the products Mention in the Website will be verified by day to day fluctuation in the Indian Agro Market Actual Rate of the Products will be provide at the time of final Confirmation of Order

## Uses

Though the ancients used pomegranate skin and bark for medicinal purposes, only the seeds are edible. Fresh pomegranate is available from September until January. When refrigerated in a plastic bag, pomegranates will keep for up to 2 months. The seeds are a brilliantly colorful addition when tossed on a salad.

A syrup made from the pomegranate is widely used in the Middle East.

Various named pomegranate molasses, concentrated pomegranate juice, or pomegranate essence, the syrupy extract of pomegranate is tart and piquant, brightening many dishes. It is available in Middle Eastern markets, gourmet food stores, and some health-food stores.

Grenadine, a light syrup added to alcoholic drinks or soft drinks, used to be made from pomegranate juice, though now it is made with food coloring. There are concentrated forms of pomegranate juice available, however.

To seed: Slice off the top and the tail of the pomegranate. Score as you would to peel an orange. Submerge pomegranate in bowl of cold water and peel away rind. Break into sections, and pull seeds from the pith with your fingers. Drain seeds in a sieve and throw away the pith. Be sure to drain well.

## Health Benefits of Pomegranate Seeds

Health benefits of pomegranate seeds are very invaluable. Often called as super fruit, pomegranate seeds are loaded with numerous antioxidant properties that are supposedly three times higher than the green tea. As we know, antioxidants are very important to control the free radicals from the body that can cause several troubles to the body. Antioxidants also maintain and repair the damaged body cells. Pomegranate seeds are high in vitamin C, vitamin A, folic acid, vitamin E and have a lot of fibers along with potassium, iron and calcium.

Due to all these pomegranate seeds nutrition content, this 'magic fruit' is a bliss for the heart health, as regular intake of pomegranate seeds or pomegranate juice can evade heart diseases and reduce risk of strokes and heart attacks. Pomegranate seeds help in thinning the blood, reduce blood pressure levels, increase blood flow towards heart, maintain good cholesterol levels and reduce arterial plaques. Apart from these many benefits for heart, pomegranate seeds are also a blessing for cure of arthritis, osteoporosis, skin allergies, skin disorders, urinary tract infections, sore throats, tapeworms, digestive disorders, blood impurities, osteoarthritis and diabetes. Read on for health benefits of pomegranate juice.

Modern scientists also suggest that the pomegranate seeds can be very helpful to cure prostate cancer and skin cancer. Read on for pomegranate juice and prostate cancer. It is also proved helpful to get rid of body and digestive system fats. There are numerous products that are used by the pomegranate seeds and pomegranate seed oil is one of them. Several other pomegranate seed products include pomegranate dietary supplements, pomegranate extracts and pomegranate concentrated juice. All these are, of course, loaded with pomegranate seeds nutrition and health benefits.

## Anardana (Pomegranate seed) in Other Languages

English Name	Pomegranate
Assamese	Dalim
Gujarati	DalambDadam
Kannada	Dalimbari
Kashmiri	Daan
Malayalam	Mathalam Pazham
Marathi	Dalimb
Punjabi	Anardana
Sanskrit	Dadima
Oriya	Dalimba



## Attributed Medicinal Properties

benefits have been exclaimed in mythical and epic literature, including Homer and Shakespeare. The unique and distinct taste of pomegranate is difficult to imitate, and it is truly one-of-a-kind. This prominent represents another of the foods recently touted for its health benefits. In some clinical studies, pomegranate juice has been shown to be of significant benefit, especially in the prevention of heart disease. History of the Pomegranate

As befits a fruit with many seeds, the pomegranate is the traditional representation of fertility, and seems to have its origins everywhere. We see it in the Middle East and India. The pomegranate was cultivated in Egypt before the time of Moses. It was found in the Indus valley so early that there is a word in Sanskrit for pomegranate. Indian royalty began their banquets with pomegranate, grape, and jujube. Arab caravans, many emanating from the lush oasis that was ancient Baghdad, probably spread its use.

The pomegranate is significant in Jewish custom. Tradition holds that a pomegranate has 613 seeds to represent the 613 commandments in the Torah. The design of the pomegranate was woven into the high priest's robes, and brass representations were part of the Temple's pillars. It is mentioned six times in the Song of Solomon. We see the pomegranate again in ancient Greece and Rome. In the verses of the Odyssey, Homer mentions it as part of the gardens of Alcinoos (probably in Sicily). The Romans imported their pomegranates from African Libya, and Pliny the Elder gave instructions for its storage. Lest the pomegranate be neglected in the East, it appears in China during the Han and Sung dynasties. The derivation of the word pomegranate comes from the Middle French pome garnete (seeded apple), but Europeans were slow to adopt the pomegranate. The pomegranate was probably introduced from Sicily, however Europeans, then under Norman influence, distrusted fruits and vegetables, preferring a meat-based diet. It is mentioned in the 14th century Ménagier de Paris which offered some recipes, and as we see in the quote from Romeo and Juliet it was known in England in Elizabethan times. The enthusiasm for pomegranate as a food was limited, but it was widely used as a decoration.

### Preparation and Storage

Similar to Anardana, kokum skins are usually available as dried rind or fruit, and infused in hot water. The deeper the colour the better the kokum. It will keep in an airtight jar for about a year. Quality Assurance



As we believe in providing quality products that are close to nature, we conduct various stringent quality tests under the supervision of the experts. These tests are performed with due care from the very initial stage of procurement of the products to the final stage of delivery to the end users.

## Packaging

We also provide reliable packaging of the Anardana (Pomegranate seed) and other Pomegranate seed indica products. During the packaging procedure, we keep the hygienic level high and also ensure that there is no human touch. Moreover, the packaging has also helped in the easy and safe delivery of the products.

We are dealing with various esteemed clients located in India as well as in the markets of New Zealand and Dubai. We also promise to serve a superlative range of Pomegranate seed and Pomegranate seed products which includes green Pomegranate seed powder to our new customers as we serve to our existing satisfied clientele. The frequent and concrete feedbacks from our customers have also helped in the advancement of the managerial activities and serving the products as per the demand prevailing in the market. Last but not the least; we are also looking forward to provide more beneficial deals in the forthcoming years.



Contact Us

Contact information for Taj Group companies in India.

TAJ AGRO INTERNATIONAL  
(A Division of Taj Pharmaceuticals Limited )

<http://www.tajagroproducts.com>

E-mail :

[tajagroproducts@gmail.com](mailto:tajagroproducts@gmail.com)

[tajagrointernational@gmail.com](mailto:tajagrointernational@gmail.com)