



**The Benefits of Pomegranate Leaf  
(Punica Granatum)  
From Paradise For Body Healing  
English Edition**

**Jannah Firdaus Mediapro**

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by

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## Chapter 1 Prologue



Pomegranates probably made their original journey from their native country of Iran to the US with early Spanish explorers.

The attractive, vase-shaped shrubs and small trees produce fragrant, brilliant blossoms in bursts of bloom throughout spring and summer.

As well as sweet-tart fruits in late summer and fall. However, you might not have given the leaves much thought.

The scientific name of the pomegranate plant is *Punica granatum*, which is known for its delicious and medicinal fruits.

The leaves of the pomegranate plant are small and smooth and also have medicinal properties.



Every part derived from pomegranate plant can be used medicinally whether it is pomegranate leaves, flowers, fruit, peels or bark etc.

Do you know that pomegranate leaves are used to treat jaundice, diarrhoea, stomach pain and insomnia.

## **Chapter 2 The Health Benefits of Pomegranate Leaf**



Pomegranate, also known as 'anaar' in Hindi, has been shown to aid in weight loss. Not only fruit, but the leaves of pomegranate can offer a range of health benefits.

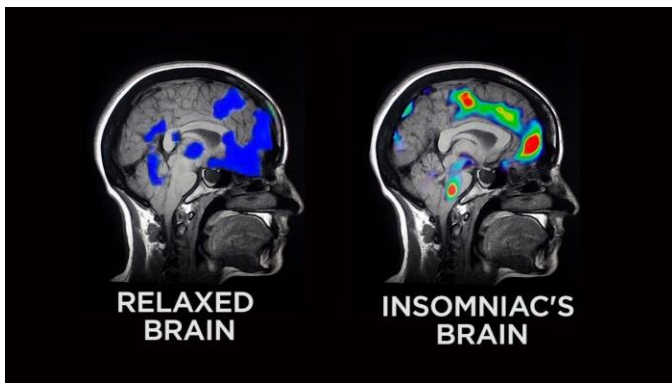


It is believed that drinking tea made from pomegranate leaves can help calm stomach disorders, cure digestive problems, combat obesity and improve mental health healing.





## 1. Able to overcome insomnia



Pomegranate leaves may overcome insomnia and improve mental health healing.

How to make take 3 grams of pomegranate leaf and washed, then boiled in two cups of water to the remaining half.

After that, taken at the time of going to sleep.

## 2. Can cope with abdominal pain



Pomegranate leaf can also cope with abdominal pain. You can consume pomegranate leaf tea, can help digestion and can cope with abdominal pain.

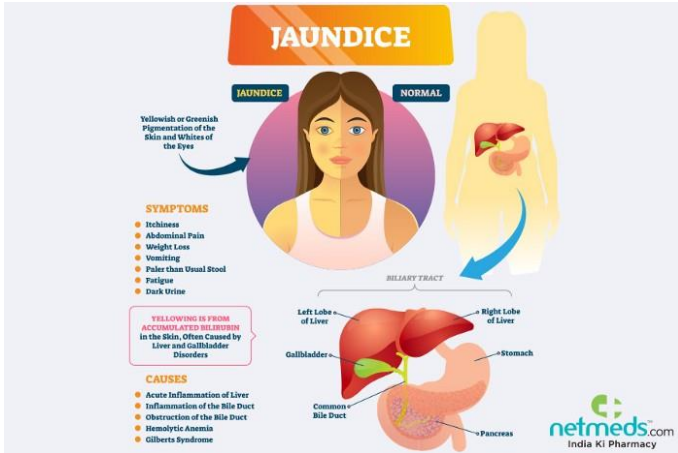
### **3. Can cope with dysentery**



Pomegranate leaves may also be overcome dysentery. It was thanks to the content in the leaves of pomegranate anti-bacterial.

How to make: you can consume fruit juice and mixed with pomegranate leaf, can help to overcome dysentery and gastrointestinal infections.

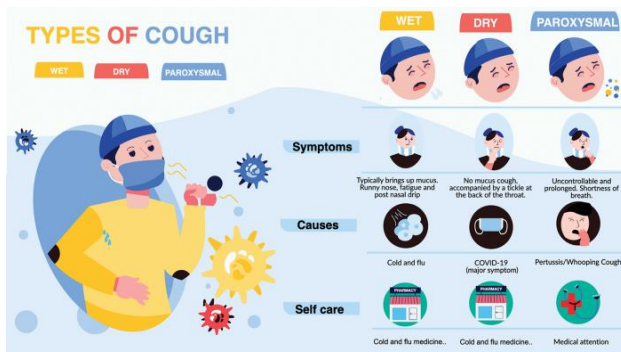
## 4. It can relieve the symptoms of jaundice



Pomegranate leaves can also relieve symptoms of jaundice. You can use powdered leaves of the pomegranate.

How to prepare: prepare 3 grams of powdered pomegranate leaves, then boiled with water.

## 5. Can treat a cough



Pomegranate leaf can also treat a cough. How to make: take leaves of pomegranate and dried, then boiled with water and mixed with black pepper and leaf buds.

## 6. Can be overcome thrush

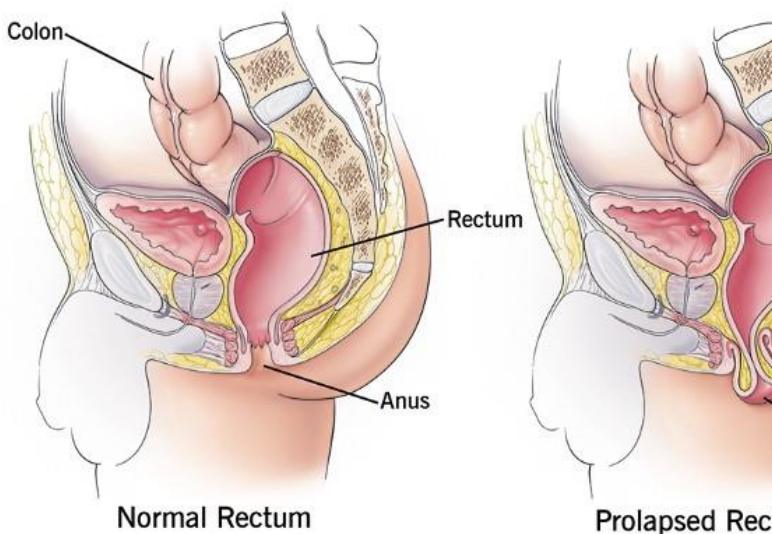


Pomegranate leaves may also address canker sores. Thrush is a disturbance occurs in the lips, mouth or tongue.

Marked with a wound in the area, which can cause pain or tenderness.

How to cope: by means of rinsing with water decoction of the leaves of pomegranate.

## 7. Can cope with rectal prolapse



Pomegranate leaves may also address rectal prolapse. How to cope: soak with water decoction of the leaves of pomegranate, which has been mixed with alum and filtered.





## **Chapter 3 Research Found Pomegranate & Other Herbs Can Reduce Virus Attack**



Researchers from the Institute of Molecular Virology, Ulm University Medical Centre, Technische Universitaet Dresden, and CogniVerde GmbH examined green tea, chokeberry juice, and pomegranate juice as a potential to kill SARS-CoV-2.

They found that these substances were able to prevent the spread of infection in cells in vitro. For the study, the researchers mixed the herbal substances with the viruses — including vaccinia virus, influenza A virus, adenovirus type 5, and SARS-CoV-2 — incubated them at room temperature, and determined infectivity.

The team observed that chokeberry juice decreased infectivity almost 3,000 times compared to a control with only a buffer. In comparison, the elderberry juice, pomegranate juice, and green tea reduced infectivity by about ten times.

The team also tested the swine flu virus (IAV) and SARS-CoV-2 and their interaction with herbal substances. They found the four herbal essences inactivated more than 99 per cent of IAV after 5 minutes.

An increase in incubation time to 20 minutes increased the activity only marginally, indicating the antiviral activity is rapid.

The researchers noted in their study that chokeberry juice inactivated about 97 per cent of SARS-CoV-2 after 5 minutes, while green tea and pomegranate juice inactivated about 80 per cent of the virus.

Elderberry juice had no effect on SARS-CoV-2. The naked AdV 5, used as a control, was resistant to all except chokeberry juice.

The researchers also mentioned that SARS-CoV-2 was more resistant than other pathogens, although chokeberry juice was quite useful, with pomegranate juice and green tea also reducing virus amounts.

The authors suggested that continued gargling and rinsing the mouth with juices and teas followed by swallowing could be an effective preventive strategy for SARS-CoV-2, particularly for people at high risk of infection healthcare workers, and the elderly.



## **Chapter 4 How to Make Pomegranate Leaves Herbal Tea**



There are several ways to incorporate pomegranate leaves into your diet. You can use young leaves as a salad, in green smoothie or juice. One of the best ways is to make pomegranate leaves herbal tea — fresh or dried.



Take few pomegranate leaves that have been washed and boil them in water. Let it boil for a few minutes.

Strain and drink it. Drink this everyday before bed to improve sleep, soothe the stomach, ease digestion issues, and burn fat.

Derived from ancient Latin where *pomum* meaning ‘apple’ and *granatum* meaning ‘seeded’, pomegranate is an excellent fruit that is so beneficial for your health. It can be consumed everyday for maintenance of good health and optimum body weight.



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## **About Author**



*And it is He who sends down rain from the sky,  
and We produce thereby the growth of all  
things. We produce from it greenery from which  
We produce grains arranged in layers.*

*And from the palm trees, of its emerging fruit  
are clusters hanging low. And [We produce]  
gardens of grapevines and olives and  
pomegranates, similar yet varied.*

*Look at [each of] its fruit when it yields and [at]  
its ripening. Indeed in that are signs for a  
people who believe.*

*(from The Holy Quran Surah An-Naml)*



