

***Botanical Name- Punica granatum***  
**Common Name – Anar Pomegranate**



**Uses**

1. Food: Eaten fresh, dried, or in desserts.
2. Juices: Used in beverages and smoothies.
3. Pickles: Commonly made from raw mangoes.
4. Chutneys: Adds tangy flavor.
5. Ice cream: Mango flavor is popular.
6. Salads: Both ripe and raw.
7. Jams: For spreads and fillings.
8. Cakes: Mango-infused desserts.
6. Supports Heart Health: Helps regulate blood pressure and reduce cholesterol.
7. Promotes Skin Health: Antioxidants in the fruit help improve skin health.
8. Boosts Immunity: High in vitamin C and antioxidants that strengthen the immune system.
9. Reduces Inflammation: Used in traditional medicine for anti-inflammatory purposes.
10. Relieves Menstrual Cramps: Used in some cultures to alleviate menstrual pain.



