

## Plant of the Month

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\\NAS\Station 15\Plant of the Month\



### Fun Facts

- Pomegranates can be stored up to 2 months in the refrigerator.
- Trees can live for over 200 years
- Most people are only familiar with the Wonderful variety which is red and has a sweet sweet-tart flavor, but there are many others.

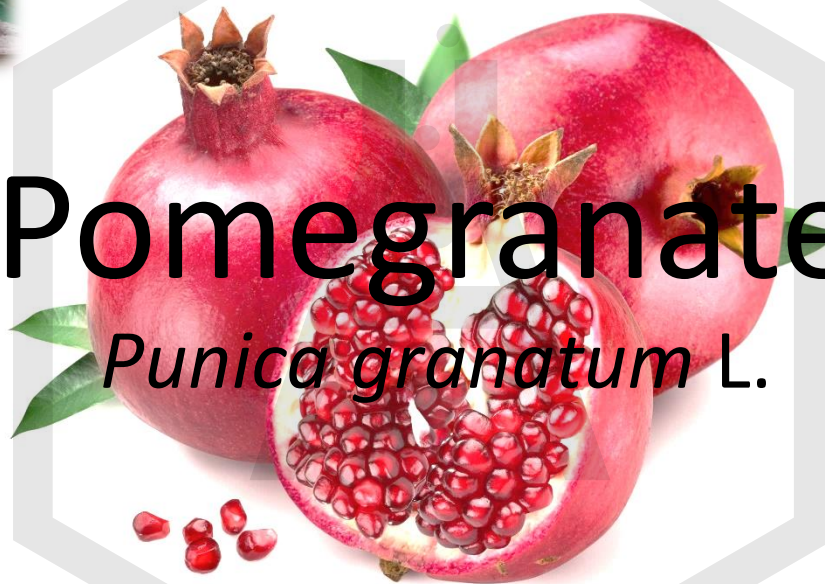


### History/Traditional Use

Pomegranate is considered to be an ancient, mystical plant and to possess diverse medicinal and dietary use. It is originally native to the Iranian plateau and the Himalayas in north Pakistan and India. Pomegranate was also used extensively in various ceremonies in ancient Egypt, Greece, and Babylonia. According to ancient Greek history, pomegranates are known as 'the fruit of the dead'. Traditional usage of pomegranate as a medical remedy uses tissues of the fruit, flowers, bark, and leaves, which contain bioactive phytochemicals that are antimicrobial, reduce blood pressure, and act against serious diseases such as diabetes and cancer.

# Pomegranate

## *Punica granatum* L.



### Chemistry

The major class of compounds occurring in pomegranate is represented by polyphenols that include flavonoids, condensed tannins, and hydrolysable tannins (predominant polyphenols, around 90% of its antioxidant activity). Additionally, other components are alkaloids such as pelletitierine. The root bark also contains around 20% of tannins, in part combined with alkaloids. In the plant leaves, ellagic acid and several other related tannins were identified.

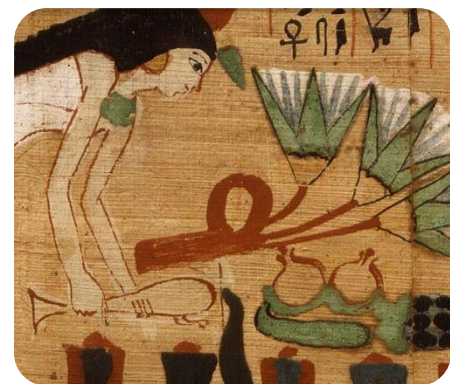
### Botany/Preparation

Pomegranate is a deciduous tree of genus *Punica* and family Lythraceae. The fruit develops from the ovary and is a fleshy berry. The nearly round fruit is crowned by the prominent calyx. The fruit is connected to the tree with a short stalk. The fruit is delicious to eat; the juice used as a tonic in fevers. Dried seeds are used for flavoring foods. Bark of the root and wood is used as a vermifuge for tapeworms; also used for diarrhea and dysentery; a number of dyes can be obtained from it; black writing ink is also made from it.



### Pharmacology

Its fruit has a number of biological activities, such as antitumor, antibacterial, antidiarrheal, antifungal, and antiulcer, that has been reported with various extracts/constituents of different parts of this plant. Studies suggested that pomegranate juice possess antioxidant, antiinflammatory, antihypertensive, and antiatherogenic effects.



## References

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