

# Archa

*Rheum australe*

roots, stems

Astringent Purgative

Vulnerary + Tooth/Gum

Globally Used Bitter Tonic



by Prashanti de Jager ©2013

for many more insights into Archa read  
Aushadhi: Guide to High Himalayan Herbs

While the stems are cooked as a vegetable, as the classic apple-tasting rhubarb, the carrot-sized root serves an important role in medical systems around the world. Archa root, like other species of Rhubarb, is a talented purgative in that its astringent quality can often tone the mucous membranes, and remove cellular toxins while purging more massive congestion from the G.I. This way it removes excess from all the organs of the G.I. including the Liver. Powdered Root is also a potent first-aid 'pulling' poultice.

## Names & Etymology

Archa: worship, adoration

Rheum: Gk: to flow, a discharge

Australe: south, southern (aus = to shine)

Rhubarb: barbarian (from Asia) rheum

Amlaparni: sour/acidic leaf

## Dosha & Energetics

Rasa (taste): astringent, bitter

Virya (strength): cooling

Vipaka (metabolites): pungent

Dosha (constitutions): V+ P- K-

Prabhava (Power) Purgative

## PhytoChemistry

Phenols, astringent tannins like gallic acid and catechin, Calcium oxalate, Purgative anthraquinones, phytoestrogenic stilbenes and lignans; Flavonoids; Phytosterols

## Actions

Astringent, Bitter Tonic, Digestive, Laxative, Purgative, Tonic, Stomachic, Hepatoprotective, Cholagogue, Diuretic, Styptic, Circulatory, Antiseptic, Antidiabetic

## Indications

Constipation, Detox, Cleansing, Diarrhea, Dysentery, Colon Stagnation, Congestions, Cholera, Nausea, Vomiting, Dyspepsia, Intestinal Constriction, Blood Purifier, Liver

## Which Archa is Superior?

Though Rhubarb is found around the world, Archa, as found in the megadiversity zones of the High Himalayan, seems to have an extra depth to its ability to support wellness. Ensure your Archa comes from a responsible organic cultivated source.