

Atis

Aconitum heterophyllum

tuberous root / rhizome

Activate & Purify

Metabolism & Immunity

Open Channels & Increase Flow



by Prashanti de Jager ©2013
for many more insights into Atis read
[Aushadhi: Guide to High Himalayan Herbs](#)

As metabolism is absolutely fundamental to wellness, and this is a premier herb for activating and 'purifying' metabolism, Atis is considered a panacea by many, usable as a remarkably effective treatment for a majority of imbalances. It combines well with Kutki in this regard. Atis sparks good clear energy and brings up all levels of digestive fire, physical and mental to treat fever, parasites and inflammation.

Names & Etymology

Atis: derivative of Ativisha

Ativisha: anti-poison, anti-dote

Prativisha: anti-dote

Aconitum: (grows on) 'rocky cliffs'

Heterophyllum: (has) 'opposite leaf'

Dosha & Energetics

Rasa (taste): pungent, bitter

Virya (strength): hot

Vipaka (metabolites): pungent

Dosha (constitutions): V- P- K-

Prabhava (Power) Fevers

PhytoChemistry

Atis is a non-poisonous Aconite with potent alkaloids like Atisine. Also Atidine, histisine, hetisine, etc

Actions

Digestive, analgesic, anti-inflammatory, anthelmintic, antipyretic, aphrodisiac, astringent, cholagogue, febrifuge, tonic, thermogenic, expectorant, digegetic

Indications

Fever, dysentery, dyspepsia, diarrhea, indigestion, nausea, vomiting, throat pain, anorexia, hemorrhoids, cough/cold, hyperacidity, rheumatism, acute inflammation

Which Atis is Superior?

Organically cultivated Atis is the all-around superior form. Atis is a rare High Himalayan herb endangered in the wild and hence a significant amount of effort is being made to sustainably cultivate it at altitudes of 10,000 feet and more. Almost all the Atis in the market is wild, illegal and very irresponsibly harvested. Make sure you buy cultivated Atis from a reliable source