

Bathuwa

Chenopodium album

leaves, seeds, plant

Herbal Green Superfood

Ancient Wholesome Sustainer

Gluten Free & People Friendly



by Prashanti de Jager ©2013

for more insights into Bathuwa read

[Aushadhi: Guide to High Himalayan Herbs](#)

Bathuwa is a genetically-ancient, gluten-free, non-allergenic, low-glycemic index, nutrient-dense herb, green vegetable, and grain, perfect for our day and age. Also known as Goosefoot and Lamb's Quarters, it is used around the world and has kept us fed for tens of thousands of years. Indicating extreme popularity, it has at least 27 names in Sanskrit, including Shakaraja, 'King of Vegetables.' This 'superfood' is important to 'The People' as it's 'off-the charts' nourishing and a zero-tillage intercrop.

Names & Etymology

Bathuwa: ~(bhu twa) abode of earth arising

Goosefoot: has goosefoot-shaped leaf

Chenopodium: Goosefoot

Album: white

Vastuka: Sk: of perfect substance

Dosha & Energetics

Rasa (taste): pungent, bitter, sweet

Virya (strength): warming

Vipaka (metabolites): sweet

Dosha (constitutions): V- P+ K=

Prabhava (Power) Nutrition

PhytoChemistry

Chlorophyll, protein, vitamins A & C, calcium, manganese, phosphorus, potassium, fats, high energy, iron, zinc, iodine, beta-carotene, thiamin, riboflavin, niacin, gluten-free.

Actions

Nutritive Tonic, Demulcent, Mild Astringent, Antioxidant, Anti-inflammatory, Anthelmintic, Vermifuge, Mild Antibiotic, Gram (+), Gram (-), Antidiarrheal, Stomachic, Antiscorbutic

Indications

Debility, Diabetes, Gluten sensitivity, Obesity, Fatigue, Inflammation, Worms, Flukes, Allergies, Degenerative Disease, Wounds, IBS, Colitis, High Glycemic Index diet

Which Bathuwa is Superior?

Gluten and allergen-free genetically-ancient High Himalayan food has higher Prana than genetically so for deep restoration one is advised to use pseudo-wild cultivated High Himalayan Bathuwa as grain and also as a ghee-fried excellent 'Saag.'