

# Bhateru

*Juniperus communis*  
cones-berries

Shamanistic Empowerment  
Strong Urinary Tract Purification  
Strong Antimicrobial Detoxification



by Prashanti de Jager ©2013  
for more insights into Bhateru read  
Aushadhi: Guide to High Himalayan Herbs

This is common Juniper, the largest ranged woody plant in the Northern Hemisphere, whose spicy female cones (berries) and fragrant leaves are used by healers everywhere, the cones especially to optimize the uro-genital tract, and the leaves to support lungs. Juniper berries prime treatment in UTI/Cystitis, and as a uterine stimulant/abortifacient. A strong antibiotic and anti-cancer against drug-resistant tumors it is burned, akin to Sage, for shamanic purification and protection daily.

## Names & Etymology

Bhateru: ~ berry

Hapusha: ~ auspicious nourishment

Juniperus: youth producing, evergreen

Communis: that which is common

Supa: to distill

## Dosha & Energetics

Rasa (taste): bitter, pungent, sweet

Virya (strength): warm

Vipaka (metabolites): pungent

Dosha (constitutions): V- P+ K-

Prabhava (Power) Cystitis

## PhytoChemistry

Antioxidant phenolics, flavonoids (anthocyanins), tannins; communic acids; diphenolic phytoestrogenic lignans including podophyllotoxin; antibacterial peppery sabinene

## Actions

Warm, Bitter, Anti-inflammatory, Antioxidant, Diaphoretic, Urinary Tonic, Nephron Stimulant, Diuretic, Analgesic, Antilithic, Immunostimulant, Antibacterial, Antiviral

## Indications

Bhuta Talisman, Purification, Infections, Gram- and Gram+, Staph, Candida, Worms, Viruses, Respiratory Tract Infections, Bronchitis, Asthma, UTI, Cystitis, Urethritis

## Which Juniper is Superior?

There are several varieties of Juniper in the Himalayas. Make sure you receive your juniper from a responsible source that uses sustainable harvest and processing.