

Burans

Rhododendron arboreum
flowers

Sugar Balance
Phytoestrogenic
Liver & Colon Protection



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

Sometimes entire Himalayan mountainsides burst with a deep crimson red, the flowers of Burans, the state tree of Uttaranchal, the most common tree in the Himalayas. Typically the flower orbs are taken fresh, as a jam, or a chutney, to treat diabetes, liver, pain and colon dysfunction. It is an analgesic that works deep on central inhibitory mechanisms and treats diabetes by promoting insulin secretion, glycolysis, hepatic hexokinase activity, by decreasing gluconeogenesis, and by increasing glutathione mediated detoxification with results equaling Milk Thistle's silymarin.

Names & Etymology

Buran: ~ sweet, ~feminine, ~large, ~red

Laliguran: ~ red sweet deity

Rhododendron: rose tree

Arboreum: woody tree-like form

Mandal: an orb (of flowers)

Dosha & Energetics

Rasa (taste): bitter, astringent

Virya (strength): cold

Vipaka (metabolites): sweet

Dosha (constitutions): V- P= K-

Prabhava (Power) Diabetes

PhytoChemistry

Carbohydrates, Flavanoids (hyperin (.15%), quercetin, ursolic acid, amyrrin, friedelin, terephthalic, anthocyanins), Tannins, Alkaloids, Saponins, Phytosterols, Terpenes

Actions

Antioxidant, Astringent, Antidiabetic, Antihyperglycemic, Antihyperlipidemic, Estrogenic, Hepatoprotective, Glutathione Enhancer, Detoxifier, Anti-inflammatory, Oxytocic

Indications

Diarrhea, Dysentery, Constipation, Stomach Disorders, Diabetes, Obesity, Liver, Acute Liver Injury/Poisoning, Hepatitis, Detox, Anemia, Wounds, Pain, Inflammation

Which Burans is Superior?

The typical way people consume Burans is as a jam of the flower, a jam consisting of far more toxic white sugar than flower. Consume responsibly harvested and properly handcrafted non-toxic Burans Jam. It takes 50 years for a Burans to mature, so support responsible production.