

Chora

Angelica glauca

root, seeds, leaves, stalks

Herb of Angels/Devata

Woman's Nectar Tonic

Brain, Blood, Mind, Spirit



by Prashanti de Jager ©2013

for more insights into Angelica read

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

Himalayan Angelica! Need I say more! This generous herb supports our body, mind and Spirit in dozens of ways, especially women. Use roots for soup and medicine, seeds for a cooking spice, leaves for tea, stalks for a vegetable, and makes elixirs with ginger, and turmeric, etc (use non-metal containers). 'Choraka' can mean 'like white Turmeric/Zeodary' and Angelica equates it to an Archangel's gift, the 'root of the Holy Ghost,' the Divine Feminine, and indeed this anti-aging root is a 'feminine ginseng' that prolongs life, nourishes the Woman, rebuilds blood, and restores hormonal balance.

Names & Etymology

Chora: like white turmeric, a perfume

Chanda: glowing with passion

Angelica: female angelic messenger

Glauc: blueish-green

DangGui: compelled to return (to health)

Dosha & Energetics

Rasa (taste): pungent, bitter

Virya (strength): warming

Vipaka (metabolites): pungent

Dosha (constitutions): V- P+ K-

Prabhava (Power) Talisman & Tonic

PhytoChemistry

Roots: phellandrene (15.29%), ligustilide (31.55%), bitter coumarins, acetylenic compounds, chalcones, sesquiterpenes, polysaccharides; EOs phellandrene

Actions

Warming Pungent Bitter, Talisman, Tonic, Anti-inflammatory, Stimulant, Immunomodulatory, Anti-Poison, Anti-allergy, Sedative, Analgesic, Antispasmodic, Blood tonic

Indications

Uro-Genital, Dysmenorrhea, Hot Flashes, Menopause, PMS, Vaginal Dryness, Blood Tonic, Anemia, Pain, Infections, Colds, Cough, Flu, Hiccups, Asthma, Bronchitis

Which Chora is Superior?

Chora is quickly becoming endangered due to over a dozen reasons, so please use responsibly cultivated and skillfully processed Himalayan Angelica.