

Daruharidra

Berberis aristata

roots, stems, fruits

Premier Liver Herb

Systemic Restorative

Metabolic Optimization



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

Daruharidra is a tall shrub-like herb growing in thick thorny clumps all through the Himalayas. The roots and stems are burgeoning with the potent alkaloid berberine, making its woody stems appear to be Turmeric-colored, and hence its name. An excellent substitute for Goldenseal, with which it shares chemistry, including berberine, it also is one of the world's foremost Liver, metabolism, detox, diabetes herbs.

Names & Etymology

Daruharidra: wood Turmeric

Berberis: berry (Latinized Persian)

Aristata: awned with bristles

Darvi: wooden

Kantakateri: thorny balsam

Dosha & Energetics

Rasa (taste): bitter, astringent

Virya (strength): warming

Vipaka (metabolites): pungent

Dosha (constitutions): V= P- K-

Prabhava (Power) Liver Detox

PhytoChemistry

Berberine is amongst of the most important alkaloids in Medicine

Actions

Top Liver Herb, Detoxification, Metabolic, Mucous Membrane Trophorestorative, Vision, Anti-pyretic, Anti-bacterial, Anti-microbial, Anti-hepatotoxic, Anti-cancer

Indications

Metabolic Disorders, Diabetes, Liver, Jaundice, Bile Pigment on Skin, Itch, Detox, Weightloss, Ulcers, All ENT Pain and Infections, Eyes, Bacterial Dysentery, Spleen

Which DaruHaridra is Superior?

There is no end to extremely poor quality Daruharidra in the market, where roots and stems have been harvested in toxic areas and processed pathetically. Daruharidra is presently quite plentiful in the Himalayas and so best to use that which is produced by growers of other precious herbs, making sure cultivated roots are properly processed.