

Deodar

Cedrus deodara

Forest, Heartwood & Needles

Grounding Metabolic

Heart, Lungs, Urinary

Anti-inflammatory Analgesic



by Prashanti de Jager ©2013

for more insights into Deodar read

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

Deodar, 'The wood of Shiva,' a majestic high-altitude Cedar nourished by Parvati herself, is one of the most astounding plants in the Himalayas. Rising to 60 meters (200 feet) with a trunk up to 3 meters (10 feet) across, the groves of Deodar are the primordial original temples of the Vedic, Yogic and Druid Traditions. A strong anti-inflammatory and analgesic, Deodar works systemically as a cellular metabolic stimulant with an affinity for the heart, lungs and urinary tract, while stabilizing Spirit.

Names & Etymology

Deodar: wood/instrument of Gods

Cedrus: Gk: 'kedros' ~ Sk: 'Kedar'

Marmari: murmuring, whispering

Shambhava: given by Shiva

Bhadradaru: Blessed Tree

Dosha & Energetics

Rasa (taste): bitter, pungent

Virya (strength): warming

Vipaka (metabolites): pungent

Dosha (constitutions): V- P= K-

Prabhava (Power) Grounding

PhytoChemistry

Hepatoprotective Flavanonols, Sesquiterpenes, Lignans, Terpeneol & Linalool

Actions

Antioxidant, Metabolic, Strong Analgesic, Digestive, Appetizer, Laxative, Detox, Anti-inflammatory, Vulnerary, Anti-worm, Blood-purifier, Expectorant, Diuretic, Uterine tonic

Indications

Inflammation, Chronic inflammation, Arthritis, Cough, Fever, Asthma, Osteoarthritis, Skin Disorders, Helminthiasis, External Ulcers, Wounds, First Aid, Antibacterial

Which Deodar is Superior?

Because Deodar is rapidly going extinct in the wild due to phenomenally irresponsible clear-cutting, please only use organic responsibly cultivated deodar or responsibly harvested fallen-wood of this esteemed and magnificent being.