

Jatamansi

Nardostachys jatamansi

Rhizome & Essential Oil

Uplift, Calm & Illumine
Mind, Mood and Nerves
Into Empowered Clarity



by Prashanti de Jager ©2013

for more insights into Jatamansi read

Aushadhi: Guide to High Himalayan Herbs

When you read of Nard in the Odyssey & Iliad, or the Nard that was Cleopatra's favorite substance, or the Nard in the Song of Solomon, or about the expensive Nard oil that was used to wash Jesus's feet, you are reading about the legendary Jatamansi. As a type of Valerian it tends to calm the bodymind via illumination and restoration, making it a great ally for all to empower and vivify cognitive functions.

Names & Etymology

Jatamansi: Shiva's thick dreadlocks

Narada: Divine Messenger

Buddha: Waking, wise, intelligent

Nard: Derivative of Nalada, Narada

Stachys: a Greek mint-like herb

Dosha & Energetics

Rasa (taste): bitter, astringent, sweet

Virya (strength): cooling

Vipaka (metabolites): pungent

Dosha (constitutions): V= P= K=

Prabhava (Power) Bhutaghna

PhytoChemistry

Jatamansin, Jatamansinol, jatamansone, beta-sitosterol, elemol, nardol, nardostechone, norsechelanone, seychelane, seychellen, valeranal, valeranone, etc.

Actions

Antioxidant, Anti-inflammatory, Anti-anxiety, Immunomodulator, Antibiotic, Anti-Viral, Trophorestorative (Nerves), Antipyretic, Cholagogue, Hepatoprotective

Indications

Cognitive Deficits, Poor Attention, Confusion, Depression, Stress, Anxiety, Agitation, ADD, Anger, Bhuta Infections, Epilepsy, Insomnia, Inflammation, Fever, Headaches

Which Jatamansi is Superior?

Organically cultivated Jatamansi is the all-around superior form. Jatamansi is a rare High Himalayan herb endangered in the wild and hence a significant amount of effort is being made to sustainably cultivate it at altitudes of 10,000 feet and more. Almost all the Jatamansi in the market is wild, illegal and very irresponsibly harvested. Make sure you buy cultivated Jatamansi from a reliable source. Note that though exporting Wild Jatamansi rhizome out of the Himalayas is illegal, exporting the Essential Oil is still legal. As very little Jatamansi oil is distilled from Sustainable sources, chances are that 98% of all Jatamansi oil in the market is contributing to the demise of this legendary healer and plant ally. Presently Dunagiri is growing Jatamansi.