

Kakoli

Roscoeae purpurea

rhizome, roots

Restorative & Adaptogen

Legendary Systemic Superfood

Astavarga Core Vitality Reservoirs



by Prashanti de Jager ©2013

for many more insights into Kakoli read

Aushadhi: Endangered High Himalayan Herbs

Kakoli: vehicle of Tara. A hardy beautiful member of the Ginger family, I have found this gorgeous herb, with its spectacular long arcing orchid-like purple to white flowers, mostly on the Northeast slopes of open woodlands at 9000 feet though they grow up to 14,000 feet. Medicinally a cross between Ashwagandha, Turmeric, Kali Musli and Ginger, it is one of Charaka's Jivaniya herbs, deeply vivifying allies, and is part of the legendary Astavarga, '8 principal medicaments' of 'seen' by celestial physicians and used to deeply restore the Sage Chyawan, becoming the basis of true Chywanaprash.

Names & Etymology

Kakoli: raven (Tara/trickster), snake (rupa)

Payasvini: goddess of vital virality

Roscoeae: Roscoe, British botanist

Purpurea: (flowers are) purple

Vira: excellent, strong, heroic

Dosha & Energetics

Rasa (taste): sweet, bitter, astringent

Virya (strength): warming

Vipaka (metabolites): sweet

Dosha (constitutions): V- P= K+

Prabhava (Power) Astavarga

PhytoChemistry

Phenolics, Flavonoids, Alkaloids, Tannins, Saponin glycosides

Actions

Earth-Element Anabolic Demulcent Rasayana Adaptogenic, Rejuvenative Tonic, Energizer, Anti-aging, Aphrodisiac, Immunomodulator, Anti-inflammatory

Indications

Increase Core Power-Prana-Qi, Enhance Fertility, Build Bones, Fatigue, Dehydration, Optimize Sexuality, Build Cell/Humoral Immunity, Liver Rejuvenation, Infections

Which Kakoli is Superior?

Kakoli is rapidly going extinct due to irresponsible harvesting and squandering of irreplaceable resources, so please use only responsibly cultivated Kakoli. I am calling this Kakoli, but know that in regards to the Astavarga plants some question regarding their true identity remains.