

KedarPati

Skimmia laureola

leaves, essential oil

Shamanistic Gateway

Nootropic Boost & Purification

Antimicrobial Detoxification



by Prashanti de Jager ©2013

for more insights into KedarPati read

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

KedarPati. Prayer. Puja. Potency. Purity. Sometimes on the sides of mountains, up to 2500 meters, in the shade of oaks and rhododendrons, you will walk into patch of perennial evergreen Kedarpati shrubs that is miles wide and high up the ridge. These are good days! Smoked on Temple braziers, cooking fires, and in chillums, the minty pungent Bhuta-clearing aroma deeply centers oneself into empowered calm.

Names & Etymology

KedarPati: Shiva leaves

Skimmia: Jp: shikimi

Laureola: laurel, foliage (naiad daphne)

R: TBD

D: TBD

Dosha & Energetics

Rasa (taste): bitter, pungent, sweet

Virya (strength): warm

Vipaka (metabolites): pungent

Dosha (constitutions): V- P+ K-

Prabhava (Power) Shamanistic

PhytoChemistry

Monoterpenes (93.4%): linalyl acetate (35%), linalool (25%), geijerene (15%), limonene (8.1%), terpineol (5.9%), geranyl acetate (5.9%); Fatty ester: skimmilaureol; triterpenes

Actions

High-Frequency Calm Centered Strength, Anti-Bhuta, Strong Antibacterial, Anti-MRSA, Antimicrobial, Antifungal, Anthelmintic, Detox, Air Purifier, Expectorant, Nootropic

Indications

Meditation, Yoga, Bhuta, Cognitive Enhancement, Weak Heart, Hypertension, Gram+, MRSA, Aspergillus, Smallpox, Cough, Cold, Fever, Pain, Congestion

Which KedarPati is Superior?

Make absolutely sure that this rare and endangered plant is protected by responsible and sustainable high-altitude cultivation by only purchasing from a known sources.