

Kuth

Saussurea costus

roots

a Vedic Mystic Being

Nemesis of Degeneration

Eradicate Fever & Prove Longevity



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

Of the relatively few herbs mentioned in the Vedas perhaps none is more highly regarded than Kustha, Kuth, who is considered to be the brother of Soma himself, the son of Jivala (longevity), and living where Eagles are born. In the Vedas, where health is alignment with the Devas and disease is when we are grasped by entities, Kuth receives copious praise for his ability to optimize salubrious alignment, minimize 'the life force of imbalance,' and greatly enhance the power of healing mantras.

Names & Etymology

Kuth: local form of Kustha

Kustha: fever; to stand on top of resistance

Costus: Gk: from the East

Saussurea: Saussure, Swiss alpinist

Utpal: guard against doubt

Dosha & Energetics

Rasa (taste): pungent, bitter, sweet

Virya (strength): warming

Vipaka (metabolites): pungent

Dosha (constitutions): V- P+ K-

Prabhava (Power) Fever & Skin

PhytoChemistry

Costus Oil, Sesquiterpenoids including Santamarin and Dehydrocostus

Actions

Antibiotic, Antioxidant, Anti-inflammatory, Anti-Cancer, Anti-Viral, Boost Reproductive Fluids, Vulnerary, Longevity tonic, Galactagogue, Analgesic, Digestive, Aphrodisiac

Indications

Angina, Tuberculosis, Cough, Cold, Asthma, Inflammation, Rheumatism, Cancer, Infertility, Skin Disease, Dermatitis, Increase Vitality, Increase Longevity, Infertility

Which Kuth is Superior?

From Ancient days much of the World, from Greece to China, sought out High Himalayan Kustha, and so I recommend for you to do. Because Kuth is going extinct in the wild, please only use organic responsibly cultivated roots. Just to be clear, *Saussurea costus* is *Saussurea lappa*.