

Kutki

Picrorhiza kurroa

roots & rhizomes

Detoxify & Rejuvenate
Liver, Kidney and Brain
Tissue and Physiology



by Prashanti de Jager ©2013
for many more insights into Kutki read
Aushadhi: Guide to High Himalayan Herbs

Kutki is considered by many of the top Herbalists to be the best liver herb they know, as it can heal people of extensive Cirrhosis and Hepatitis C by directly improving liver terrain, physiology and function, including increasing innate key liver antioxidants like Glutathione and SOD. Recent studies reveal its effectiveness in Alzheimer's as well.

Names & Etymology

Kutki: derivative of Katuki

Katuki: pungent, sharp, stimulating

Amaghni: destroyer of congestive toxins

Picrorhiza: bitter root

Kurroa: Himalayan tribe (from Krt, to cut)

Dosha & Energetics

Rasa (taste): bitter, pungent

Virya (strength): cooling

Vipaka (metabolites): pungent

Dosha (constitutions): V+ P= K-

Prabhava (Power) Pitta Virechana

PhytoChemistry

Kutkiol, Kutkisterol, Kutkoside, Picrorhizin, Iridoid Glycoside Picrosides

Actions

Antioxidant, Anti-inflammatory, Digestive, Hepatoprotective, Choleric, Anticholestatic, Immunomodulator, Antibiotic, Anti-Viral, Trophorestorative (Liver)

Indications

Liver Disease, Cirrhosis, All Hepatitis, Jaundice, Increased Bile, Fevers, Lungs, Upper respiratory tract, Worms, Constipation, Diarrhea, Dyspepsia, Scorpion Sting,

Which Kutki is Superior?

Organically cultivated Kutki is the all-around superior form. Kutki 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 Kutki in the market is wild, illegal and very irresponsibly harvested. Make sure you buy cultivated Kutki from a reliable source