

# MahaMeda

*Polygonatum cirrhifolium*

rhizome, roots, sprouts, leaves

Restorative & Adaptogen

Reproductive Systemic Superfood

Astavarga Core Vitality Reservoirs



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

MahaMeda is one of the two deeply restorative Himalayan Solomon's Seals, the other being Meda. Meda and MahaMeda are medicinally and visually very similar, with the more potent MahaMeda, having a curl at the end of its leaf. Both are part of the legendary Astavarga formula, the '8 principal medicaments' of Ayurveda that was created by the celestial physicians, the Ashwin Twins, to deeply restore the Sage Chyawan, thus becoming the basis of the original Chywanaprash. Truly a legend.

## Names & Etymology

MahaMeda: the greater Meda

Manichhidra: with many jewels

Polygonatum: (the root) has many angles

Cirrhifolium: (the leaves) have tendrils

Dhara: supporting the world

## Dosha & Energetics

Rasa (taste): sweet, bitter

Virya (strength): cooling

Vipaka (metabolites): sweet

Dosha (constitutions): V- P= K+

Prabhava (Power) Shukrakari

## PhytoChemistry

Strong Macro/Micro Nutrition; Proteins, Fats, Carbs; Adaptogenic Saponins; Lectins; Mucilage; PhytoSteroids; Alkaloids; Phenols: Flavonoids, Tannins, Terpenoids

## Actions

Cooling Earth-Element Demulcent Emollient Rasayana Adaptogenic, Rejuvenative Tonic, Energizer, Anti-aging, Aphrodisiac, Immunomodulator, Anti-inflammatory, SERM

## Indications

Increase Core Power-Prana-Qi, Enhance Fertility, Build Bones, Fatigue, Dehydration, Optimize Sexuality, Liver Rejuvenation, Increase Milk, PMS, PID, Graceful Menopause

## Which MahaMeda is Superior?

MahaMeda is rapidly going extinct due to irresponsible harvesting and squandering of irreplaceable resources, so please use only responsibly cultivated Meda.