

Meda

Polygonatum verticillatum

rhizome, roots, sprouts, leaves

Restorative & Adaptogen

Reproductive, Liver, Systemic

Astavarga Core Vitality Reservoirs



by Prashanti de Jager ©2013

for many more insights into Meda read
Aushadhi: Guide to High Himalayan Herbs

Meda is one of the two deeply restorative Himalayan Solomon's Seals, the other being Mahameda. Medicinally and visually very similar, both are part of the legendary Astavarga formula, the '8 principal medicaments' of Ayurveda created by celestial physicians, the Ashwin Twins, to deeply restore the Sage Chyawan, thus becoming the basis of the original Chywanaprash. The Astavarg is not just restorative, but legendary at how quickly and thoroughly its restorative actions manifest.

Names & Etymology

Meda: (the leaves exude a) fat

Manichhidra: with many jewels

Polygonatum: (the root) has many angles

Verticillatum: (the leaves) have whorls

Shalyaparni: lance-like leaf

Dosha & Energetics

Rasa (taste): sweet, bitter

Virya (strength): cooling

Vipaka (metabolites): sweet

Dosha (constitutions): V- P= K+

Prabhava (Power) Shukrakari

PhytoChemistry

Strong Macro/Micro Nutrient Proteins, Fats, Carbohydrates; Adaptogenic Saponins; Mucilage; PhytoSteroids; Lectins: Asparaginic Acid; Alkaloids; Phenols: Flavonoids

Actions

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

Indications

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

Which Meda is Superior?

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