

PashenaBheda

Bergenia ciliata

Roots, leaves

Astringent Tonic

Kidney Terrain Optimizer

Urinary Tract, Spleen, Liver



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

One of Ayurveda's first-reach herbs for the entire urinary system, especially for creating a basic terrain unsuitable to kidney stones, PashenaBheda is also a strong systemic tonic that is considered a Rhodiola-like adaptogen by modern researchers. Literally meaning 'Stonebreaker,' it expresses the 'Doctrine of Signatures' by growing amongst rocks and breaking them apart, as it does to oxalate stones in our Kidneys. Tibetan Amchis, Siberian Shamans, and Indian Vaidyas all hold this herb as essential.

Names & Etymology

PashenaBheda: stone breaker, spear flow

Bergenia: German botanist Karl von Bergen

Ciliata: Lt: eyelash, short hairlike structure

AshmaGhna: gravel killer

ShilaBheda: mason's stone chisel

Dosha & Energetics

Rasa (taste): astringent, bitter

Virya (strength): cold

Vipaka (metabolites): pungent

Dosha (constitutions): V= P= K=

Prabhava (Power) gravel destroyer

PhytoChemistry

Polysaccharide bergenin, phenolic astringent tannins including, catechin, tannic acid, gallic acid, ellagic acids, and sterols including sitosterol

Actions

Antiurrolithic, Astringent, Hypoglycemic, Antisorbutic, Adaptogenic, Diuretic, Hepatoprotective, Antioxidant, Digestive, Anti-bacterial, Anti-inflammatory, Antibiotic

Indications

Kidney Stones, Calculi, Renal Disease, UTI, Urinary Cleanse/Detox, Painful Urination, Enlarged Spleen, Venereal Diseases, Metabolic Disorders, Diabetes, Liver

Which PashenaBheda is Superior?

High Himalayan Pashenbheda cultivated in rocks on damp slopes in the shade is quite excellent. As PashenaBheda is going extinct in the wild please only purchase and/or procure responsibly cultivated roots and leaves, and not wild crafted.