

Salam Punja

Dactylorhiza hatagirea

'hand-shaped' tubers

Deep Core Energy

Anabolic & Adaptogenic

Vigor, Nutrition & Restoration



by Prashanti de Jager ©2013

for more insights into Salam Punja read

[Aushadhi: Guide to High Himalayan Herbs](#)

Salam Punja (panja) is the hand-shaped tuber of a rare and endangered high Himalayan orchid used for millennia as an earth-element adaptogenic tonic that can restore deep vitality and core Ojas reservoirs. It serves as a 'Salep,' a sexual stimulant; as core yogin fuel; and as a potent nutritive anabolic restorative tonic, as the body even generates hormones and neurotransmitters from Punja.

Names & Etymology

Punja: derivative of Pancha (five)

Salam: likely from 'Salep,' a tonic

Hathijara: hand-shaped herb

Dactylorhiza: literally 'finger-shaped root'

Hatagirea: Hatha Giri? 'Mountain Hand'

Dosha & Energetics

Rasa (taste): sweet, bitter, astringent

Virya (strength): cooling

Vipaka (metabolites): sweet

Dosha (constitutions): V- P= K+

Prabhava (Power) Vajikarana

PhytoChemistry

Polyphenols, Glucosides, Mucilage, Albumen, Lipids, Dactylorhins A - E, Dactyloses A and B, Militarrin, Lorglossin, Volatile Oil

Actions

Tonic, Antioxidant, Immunomodulator, Antibiotic, Anti-Viral, Sexual Tonic, Cardio-Tonic, Antipyretic, Vajikaran Rasayana, Emollient, Astringent, Aphrodisiac, Nervine

Indications

Fatigue, Infertility, Low Immunity, Infections, Dementia, Low Ojas, Erectile Dysfunction, Low Sperm Count, Anemia, Topically for wounds, Cuts, Supports Brain

Which Salam Punja is Superior?

Organically cultivated Salam Punja is the all-around superior form. Salam Punja is a rare High Himalayan orchid 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 Punja in the market is wild, illegal and very irresponsibly harvested. Also, as it is a major food source for the Himalayan Monal Pheasant, protecting wild Punja protects other Himalayan species. So please make sure you buy cultivated Salam Punja from a reliable source, not from an exploitative criminal business.