

Pushkarmool

Inula racemosa

Thick knotty roots

Enhance Prana Flux

Lung, Heart, Thyroid

Thermogenesis Activation



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

Pushkarmool, Himalayan Elecampane, is one of the world's most successful herbs for increasing lung function and capacity. It improves cardio-pulmonary function via many mechanisms including offering antioxidants, expectorants, antispasmodics, anti-allergens, anti-histaminics, and anti-inflammatories all with special affinities toward lung and heart tissue. These factors help us to breathe freely and increase the systemic flow of Prana, an action amplified with this high-altitude plant ally.

Names & Etymology

Pushkar: thrive generator

Mool: root

Inula: Greek for Elecampane

Racemosa: a clump, like grapes

Kushthabheda: like Kushtha (Kuth)

Dosha & Energetics

Rasa (taste): pungent, bitter

Virya (strength): warming

Vipaka (metabolites): pungent

Dosha (constitutions): V- P+ K-

Prabhava (Power) Breath

PhytoChemistry

Polysaccharide Inulin, Antioxidant sesquiterpenoids, lung-centric sterols

Actions

Pulmonary Tonic, Anti-histaminic, Broncho-dilatory, Expectorant, Thermogenic Stimulant, Anti-inflammatory, Antioxidant, Immunomodulator, Antibiotic, Anti-obesity

Indications

Tuberculosis, Increase Lung Volume, Asthma, Smoking, Thyroid, Fatigue, Increase Immunity, Infections, Lower blood glucose, Enhance Liver Glycogen, Insulin Sensitivity

Which Elecampane is Superior?

High-altitude herbs typically are the best to assist pulmonary function, and so Pushkarmool, High Himalayana Elecampane, tends to be superior. Because Pushkarmool is going extinct in the wild, please only use organic responsibly cultivated roots.