

# RamaDana

***Amaranthus caudatus***  
seeds, leaves

Herbal Superfood  
Ancient Wholesome Sustainer  
Gluten Free & People Friendly



by Prashanti de Jager ©2013  
for more insights into Amaranth read  
Aushadhi: Guide to High Himalayan Herbs

Try watching Himalayan sunsets above fields of glowing crimson velvet red flowers, Rama Dana, the grain of God! Amlana, the 'unwithered, bright' is one of 36 Sanskrit names for Amaranth. It is excellent nutrition children as it has higher energy than other grains, the leaves are nourishing, a very high protein content of 30% of which 25% is the lysine missing in modern diets. Growing on a fraction of the water that other grains require, this nourishing, deep-rooted, early-maturing (60 days,) drought-resistant protective-intercrop, is supportive of all marginalized farmers and 'the people.'

## Names & Etymology

Rama Dana: Sk: the food of God  
Amlana: Sk: unwithered, bright, clear  
Amaranth: Gk: not dying (amar), immortal  
Caudatus: Lt: having a tail  
Subhaga: Sk: having good fortune

## Dosha & Energetics

Rasa (taste): sweet, pungent  
Virya (strength): warming  
Vipaka (metabolites): sweet  
Dosha (constitutions): V- P+ K=  
Prabhava (Power) Nutrition

## PhytoChemistry

Proteins: lysine; squalene; phytosterols; vitamins: A, B, E; minerals: iron, calcium, magnesium, manganese, potassium; high 'available' energy, gluten-free.

## Actions

Nutritive Tonic, Demulcent, Antiulcerative, Mild Astringent, anti-inflammatory, Antioxidant, Cardiotoxic, hemostatic, Anti-tumor, Anti-ulcer, Mild Antibiotic,

## Indications

Debility, Consumption, Degenerative Disease, Cancer, Heart disease, TB, HIV/AIDS, Diabetes, High Blood Sugar and Lipids, Gluten sensitivity, Obesity, Lethargy, Fatigue

## Which Bathuwa - Amaranth is Superior?

Gluten and allergen-free ~~genetically-ancient~~ High Himalayan food has higher Prana than genetically new-starch bombs like rice and wheat, so for deep restoration one is advised to use pseudo-wild cultivated High Himalayan Bathuwa & Ragi.