

Simru

Rhododendron campanulatum

leaves, roots, flowers

Sharp Alterative

Toxic Antidote

Deep Analgesic Antibiotic



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

A small high Himalayan 'firewood' shrub that is grown around the world as an ornamental. A bit like the Aconites, this herb is a mild poison, with grayanotoxin in this case, and thus tends to be very good treatment for poisons, toxins and infections. The powdered leaves and stems with tobacco and snuffed to cure hemicranias, colds, asthma, lung infections, etc. Leaf juice treats rheumatism, sciatica and syphilis.

Names & Etymology

Simru: ~

Simrath: ~

Rhododendron: rose tree

Campanulatum: bell-shaped

Cheraidhu: ~

Dosha & Energetics

Rasa (taste): bitter, astringent, sweet

Virya (strength): cold

Vipaka (metabolites): pungent

Dosha (constitutions): V+ P= K-

Prabhava (Power) Antibiotic Antidote

PhytoChemistry

Tannins, Phenols, Terpenoids, Steroids, Glycosides, Flavonoids, Saponins

Actions

Bitter Tonic, Astringent, Alterative, Antibacterial, Vulnerary, Analgesic, Antioxidant, Anti-allergen, Anti-tumor

Indications

Hemicranias, Headache, Boils, Rheumatism, Sciatica, Gram-positive Infections, Staphylococcus aureus, Streptococcus faecalis, Syphilis, Fevers, Colds, Cough, TB

Which Simru is Superior?

To take the pressure of wild-populations and limit the disruptive presence of wildcrafters, please use responsibly cultivated Simru