

Tejbal

Zanthoxylum armatum

seed, pericarp, thorn, bark

Spicy Warm Activation
of Bright Metabolism and
Tooth & Gum Strength



by Prashanti de Jager ©2013

for many more insights into Tejbal read
Aushadhi: Guide to High Himalayan Herbs

Tejbal, locally known as Timru or Timur, is a small tree with a large list of potent uses. The seed pericarp is used as a pungent-sharp pepper-like spice to flavor foods, improve digestion, and to treat a wide variety of imbalances. The thorns, the bark and the pericarp are amongst the very best remedies for the teeth and gums. It is a strong immunostimulant and anti-inflammatory useful for joints and infections.

Names & Etymology

Tejbal: 'Protect might,' 'brilliant strength'

Tumburu: The greatest Gandharva

Timru/Timur: derivative of Tumburu

Saura: Sacred to Surya (Sun)

Zanthoxylum: Yellow Wood

Dosha & Energetics

Rasa (taste): pungent, bitter

Virya (strength): hot

Vipaka (metabolites): pungent

Dosha (constitutions): V- P+ K-

Prabhava (Power) Dipan-Ignition

PhytoChemistry

Alkaloids, Sterols, Phenolics, Lignins, Coumarins, Terpenoids, Amides, Berberine, etc

Actions

Digestive, Carminative, Stomachic, Anthelmintic, Deodorant, Antibiotic, Antiviral, Antifungal, Disinfectant, Anti-septic, Antispasmodic, Piscicidal

Indications

Toothache, Cold, Cough, Fever, Colic, Rheumatism, Worms, Slow Digestion, Obesity, Ascites, Bloating, Diarrhea, Depression, Diabetes, Cholera, Poor Sense of Taste

Which Tejbal is Superior?

Organically cultivated Tejbal is the all-around superior form as this takes the pressure off wild populations as well as off fragile ecosystems. Though Tejbal can still be found throughout the Himalayas, its populations are waning due to Lantana competition and other dire factors. The cultivation of Tejbal as a profitable crop for Himalayan people has only recently commenced.