

Thelu-Dhoop

Juniperus recurva

leaves, cones-berries

Shamanistic Gateway
Urinary Tract Purification
Antimicrobial Detoxification



by Prashanti de Jager ©2013

for more insights into Thelu-Dhoop read
Aushadhi: Guide to High Himalayan Herbs

Thelu Dhoop, Drooping Juniper, is a very special being. Native to the Himalayas, this threatened species is seldom seen below 10,000 feet and can live as high as 15,000. Once called *Juniperus religiosa*, as Europeans first saw the distinctive drooping graceful curves of its branches around high-altitude monasteries, it indeed is supportive of the deep calm, certainty and clarity required for many Spiritual practices. Medicinally the cones-berries are similar to that of other Junipers, though more potent.

Names & Etymology

Thelu: ~ Himalayan wood dryad/spirit

Dhoop: aromatic smoke

Juniperus: youth producing, evergreen

Recurva: bent back on it's self

Devidiar: the wood of the goddess

Dosha & Energetics

Rasa (taste): bitter, pungent, sweet

Virya (strength): warm

Vipaka (metabolites): pungent

Dosha (constitutions): V- P+ K-

Prabhava (Power) Shamanistic

PhytoChemistry

Monoterpene hydrocarbons (68%), Sesquiterpene Hydrocarbons (12%), Oxygenated Sesquiterpenes (9%), Oxygenated Monoterpenes (5%), elemol, manool

Actions

Warm, Bitter, Anti-inflammatory, Antioxidant, Diaphoretic, Urinary Tonic, Nephron Stimulant, Analgesic, Antilithic, Immunostimulant, Antibacterial, Antiseptic, Antiviral

Indications

Bhuta Talisman, Purification, Infections, Gram- and Gram+, Viruses, Respiratory Tract Infections, Cough, Cold, Kidney, Bladder, Spleen, UTI, Cystitis, Urethritis, BPH

Which Thelu-Dhoop is Superior?

Of all the 50+ Junipers in the world, it is likely that there is not a more deeply potent one than the Thelu-Dhoop of the Kirata. Make absolutely sure that this rare and endangered plant is protected by responsible and sustainable high-altitude cultivation.