

# Vacha

***Acorus calamus***

rhizomes

Herb of Voice

Nervine Rejuvative

Cognitive Enhancement



by Prashanti de Jager ©2013

for many more insights into Vacha read

[Aushadhi: Guide to High Himalayan Herbs](#)

Vacha is one of the very best nootropic tonic herbs to support the nervous system, cognitive function, and especially for the clear expression of 'Vak,' Saraswati, so much so that its name is derived from 'Vacana,' the ability to eloquently express Truth. The oldest surviving monocot (grasses, orchids, palms), its broad spectrum of positive influence seems deep and primal as well.

## Names & Etymology

Vacha: increase vachan shakti (voice)

Acorus: Gk: pupil (cornea) medicine

Calamus: Gk: kalamos – reed/pen

Mangalya: auspicious, beautiful, holy

Raksohan: destroyer of rakshashas

## Dosha & Energetics

Rasa (taste): pungent, bitter

Virya (strength): warming

Vipaka (metabolites): pungent

Dosha (constitutions): V- P+ K-

Prabhava (Power) Medhya/Mind

## PhytoChemistry

Essential Oil high in alpha-asarone and beta-asarone and eugenol

## Actions

Antioxidant, Anti-inflammatory, Nervine, Nootropic, Voice Clarifier, Medhya, Cognitive, Rejuvenating, Analgesic, Detox, Talisman, Anti-Rakshasha, Sedative

## Indications

Voice, Autism, Increase Intelligence, Artists, Scholars, Students, Epilepsy, Insanity, Entities/Demons, Stroke, Neurodegeneration, Hallucinations, Anxiety, Epilepsy

## Which Vacha is Superior?

Brought all over the world, including to America 15,000 years ago, there are six types of Calamus, varying greatly by location, but only one Vacha. Of the Vacha, that which grows in the Himalayas and in Amarkantak, and taken with special Milk and Honey, is superior. To keep pressure off wild populations nearing extinction, ensure your Vacha is responsibly cultivated, not wild.