Hibiscus

Botanical name: Hibiscus sabdariffa

Hibiscus is considered to be a sacred plant, used devotionally to purify the first and second chakras. It makes an excellent tea, but can be used in churnas and jams. It is astringent and sweet and promotes hair growth, proper functioning of the kidneys, and clear skin. It is often used to reduce discharges of the uterus and vagina as well as to overcome impotency.

**Dosage:** one teaspoon of organic powder two times a day

**Chemical constituents:** Citric acid, oxalic acid, tartaric acid, malic acid, hibiscus acid, ascorbic acid, anthocyanin, hibiscin, delphinidin-3-sambubioside, along with small amounts of delphinidin-3-monoglucoside, cyanidin-3-monoglucoside and delphinidin; tannins, saponins, alkaloids, flavonoids: quercetin, hibiscitrin, gossypitrin and sabdaritrin; terpenoids, glycinebetheaine and trigonelline, etc.

**Pharmacological uses:**

Antioxidant, anticancer, antipyretic, antinociceptive, anti-inflammatory, antibacterial, antifungal, antiparasitic, hypolipidemic, aphrodisiac, hepatoprotective, blood purifying, wound healing, chemopreventive, diuretic, laxative, energetic, adaptogenic, anxiolytic, antidepressive, immunomodulatory.
Therapeutic uses:
- Hypertension
- Hyperlipidemia
- Hyperglycemia
- Heart diseases
- Liver diseases
- Constipation
- Infertility
- Impotency
- Scurvy
- Nervous exhaustion
- Chronic fatigue
- Chronic stress
- Insomnia
- Emaciation
- Debility

Doshas: Kapha-Pitta

Taste: Sweet, Sour, Bitter, Astringent

Properties: Light

Traditional uses:
- Kapha-Pitta diseases
- Skin diseases: infantile eczema, cradle cap, etc.
- Abscesses
- Wounds and ulcers
- Fractures
- Sore throat
- Renal disease
- Dyspepsia
- Anxiety and Depression

Toxicity: None known [14]
Research:


3. Tori Hudson, ND A Research Review on the Use of Hibiscus Sabdariffa


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