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## 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, glycinebetaine 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



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**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 <sup>[1]</sup>



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## Research:

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9. Ekor M, Adesanoye OA, Udo IE, Adegoke OA, Raji J, Farombi EO. [Hibiscus sabdariffa ethanolic extract protects against dyslipidemia and oxidative stress induced by chronic cholesterol administration in rabbits.](#) Afr J Med Med Sci. 2010 Dec;39 Suppl:161-70.
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13. Arvind Mungole and Alka Chaturvedi [HIBISCUS SABDARIFFA L A RICH SOURCE OF SECONDARY METABOLITES](#) Volume 6, Issue 1, January – February 2011; Article-018
14. Marjorie Fullerton,1 Janak Khatiwada,2 Jacqueline U. Johnson,1 Shurrita Davis,2 and Leonard L. Williams [Determination of Antimicrobial Activity of Sorrel \(Hibiscus sabdariffa\) on Esherichia coli O157:H7 Isolated from Food, Veterinary, and Clinical Samples](#) J Med Food. 2011 September; 14(9): 950–956.