

Browse by category

For lifestyle tips, dietary recommendations and more information about which herbs can benefit common health conditions, please click on the relevant category below.

- » Candida
- » Children's Health
- » Detox
- » Digestive Health
- » Healthy Weight
- » Immunity & Allergies
- » Joint Health
- » Men's Health
- » Menopause
- » Skin Health
- » Stress & Sleep
- » Women's Health



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Kapikacchu

This broad bean sized seed is a superb restorative to the reproductive system. Like many seeds it has the ability to potentiate the reproductive tissue as well as the nervous system. It is also used to treat tremors and spasms. The surface of the seed pods are 'velvety' like a monkey's skin. It is also an allergenic which causes an itch, hence the name 'one who scratches like a monkey'. Atmagupta means 'secret self' referring to its therapeutic seed concealed within the irritating bean pod.

Common Name

Kapikacchu (H), Cowhage (E)

Latin Name

Mucuna pruriens – Semen (Fabaceae)

Sanskrit

Kapikacchu, Atmagupta

Bio-medical Action

Aphrodisiac, anti-spasmodic, carminative

Dosage

5–15g/day as powder or in a decoction, or 6–20ml of a 1:3 @ 25% tincture.

Notes

- This creeping twine grows all over India, especially in the tropical regions.
- There is a black and a white variety.
- As L-Dopa is broken down by Monoamine oxidase (MAO) in the mucus membranes of the intestines it is traditionally combined with Tribulus terrestris in Parkinson's. Tribulus contains some harmful alkaloids that have MAO inhibiting (MAOI) activity and hence
- It can be rajasic or overstimulating in excess.
- Often combined with milk and honey to add to its restorative effects.

Contraindications

High ama and congestion. Acute conditions.



Shatavari is a cooling and nourishing herb from the asparagus family. It contains precursors to female hormones that help tonify and balance the reproductive system. A natural alternative to HRT, Shatavari is clinically proven to alleviate many symptoms of the menopause including dryness and hot sweats.



Aloe Vera is renowned for maintaining youthful looks, healthy skin and balanced digestion. It's particularly good for women's health and tonifies the reproductive system. It has cooling properties to help alleviate menopausal symptoms and also works well to support gentle detoxification of the liver.