

Keeda Jadi is said to be used as a natural steroid

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The Indian Himalaya area is referred described as a unique marketplace of herbal resources, due to its rich biodiversity. Important aromatic and medicinal species grow in this area and have a variety of traditional uses. A highly significant folklore medicine called as *Keeda jadi*, *Keeda ghaas*, *Yarsa gumba* etc. is widely found in the alpine regions of the Indian Himalaya, mostly in Arunachal Pradesh, Himachal Pradesh and Uttarakhand commonly at the altitudes of 3500-5000 m. *Hepialus armoricanus*, a small moth larva and *Cordyceps sinensis* a parasitic fungus is combined in this entomo-fungal organism. The most well-known use of cordyceps in medicine is to improve sexual and physical stamina. It has long been used to treat heart disease patients and has also been discovered to enhance liver, kidney and lung functioning. Asthma, renal injuries, bronchitis, cough,



respiratory tract resistance, blood pressure, weakness, immunity strengthening, lung malfunction and irregular menstruation are among the circumstances for which cordyceps sinensis is used. It is also used to prepare formulations that are energizing and revitalizing.

Cordyceps sinensis

Many bioactive components of Cordyceps sinensis have been extracted including nucleoside, polysaccharide, sterol, protein, amino acid and polypeptide.

Composition of Cordyceps

Amino acids present at concentrations of more than 5.00 mg/g were **lysine (15.06 mg/g), glutamic acid (8.79 mg/g), prolin (6.68 mg/g), threonine (5.99 mg/g), arginine (5.29 mg/g) and alanine (5.18 mg/g)** in the fruiting body.

Health benefits of Cordyceps sinensis

Keeda Jadi, also known as Himalayan Viagra, is a rare and valuable herb found in the high-altitude regions of the Himalayas. It is one of the most expensive herbs in the world due to its alleged benefits as a natural steroid.

In traditional medicine, Keeda Jadi has been used for centuries to treat a variety of ailments including impotence, asthma and rheumatoid arthritis. It is said to boost testosterone levels and improve overall physical performance, making it popular among athletes and bodybuilders. Recent studies have shown that Keeda Jadi contains phytochemicals such as alkaloids, flavonoids, and saponins, which possess anti-inflammatory, antioxidant, and immunomodulatory properties. These properties make Keeda Jadi a potential treatment for many modern health problems such as joint pain, fatigue and stress. The unique appearance of Keeda Jadi, a fungus-like organism found growing on remote Himalayan caterpillar species, adds to its mystique and rarity. However, the increasing demand for Keeda Jadi has led to over-harvesting, and some experts warn that the plant is at risk of extinction. Despite its potential benefits, the use of Keeda Jadi as a natural steroid has not been fully researched, and its efficacy in this regard remains unproven. Additionally, the high cost and rarity of the herb make it inaccessible to most people.

- 1. Boosts Energy:** Cordyceps sinensis is known to stimulate the production of ATP (adenosine triphosphate) in the body, which is responsible for providing energy to cells. It works by increasing oxygen uptake and improving the efficiency of the respiratory system, making it handy for athletes or those who require additional stamina.



2. **Supports respiratory health:** Cordyceps sinensis has traditionally been used to manage respiratory conditions such as bronchitis, asthma, and coughs. Studies show that its anti-inflammatory properties may help relax and open the airways, easing breathing, and improving overall lung function.
3. **Immune modulator:** Cordyceps sinensis is considered an adaptogen, a natural substance that helps the body balance its response to stress. Animal studies show that it boosts the immune system by increasing the number of white blood cells.
4. **May Help Manage Diabetes:** Some studies suggest that Cordyceps sinensis can help regulate blood glucose levels. It is believed that it may mimic the action of insulin, a hormone that regulates blood sugar.
5. **May have anti-cancer properties:** Some studies suggest that Cordyceps sinensis may benefit those with cancer. It is known to have antioxidant properties that help protect cells from damage and may slow the growth of tumors.

It is important to note that these health benefits are based on limited scientific evidence, and more research is needed to fully establish Cordyceps sinensis's effectiveness in treating various health conditions. As such, it is crucial to consult your healthcare provider before taking any supplements, especially if you have underlying conditions or are taking any medications. In conclusion, Keeda Jadi is a rare and valuable herb found in the high-altitude regions of the Himalayas, hailed for its potential as a natural steroid. While traditional medicine has used the herb for centuries, its modern applications require further research. Its rarity and environmental impact make its use controversial and alternatives to Keeda Jadi may prove to be more sustainable and accessible.

