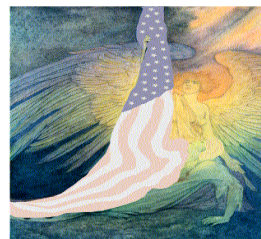


Discoveries In Health - Research Report



BLUE LOTUS

Truman Berst, Master Herbalist



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FAMILY : Nymphaeaceae
GENUS : Nymphaea
SPECIES : caerulea, nouchali var. caerulea

COMMON NAMES: Blue Lotus, Egyptian Lotus, Blue Water Lily, Sacred Narcotic Lily of the Nile

NOTE:

Nymphaea caerulea, (Blue Lotus) is often confused with *Agapanthus africanus* (Blue Lily). Though the two plants look nothing alike (aside from being blue), both *Nymphaea caerulea* and *Agapanthus africanus* are sometimes referred to as the “blue lily”. “Blue lily” seems to be a more accurate name for *Agapanthus africanus*. *Nymphaea caerulea* is more commonly called the “blue lotus” or “blue water lily”. It is *Nymphaea caerulea* (blue lotus) which was used in ancient Egypt as a key to good health, sex, and re-birth. An aphrodisiac for both men and women as well as a general remedy for all illness. Enhancing sexual vigor and general good health. A tonic like ginseng, pain reliever like arnica, circulation stimulant richer than ginkgo biloba, and sexual stimulant richer than Viagra. Creating a feeling of well-being, euphoria and ecstasy.

Nymphaea caerulea (blue lotus) is a water plant growing on the shores of lakes and rivers. *Agapanthus africanus* (blue lily) is a drought tolerant plant, which is commonly used as a landscaping plant in the U.S.

IDENTIFICATION:

Nymphaea caerulea has light blue flowers. Other similar varieties have purple, pink, or white flowers.

- *Nymphaea ampla* - similar psycho activity but has white flowers
- *Nymphaea lotus L.* - White lotus
- *Nymphaea nelumba L.* - Red lotus

CULTIVATION:

Nymphaea caerulea flowers in the spring should be planted in sunny positions in medium or clay loam.

HABITAT:

Grows along lakes and rivers in wet soil. Indigenous to Tanzania, Kenya

INFORMATION:

Represented in ancient Egyptian art. The blue lotus was found scattered over Tutankhamen's body when the Pharaoh's tomb was opened in 1922. Many historians thought it was a purely symbolic flower, but there may be some reason to believe that ancient Egyptians used it to induce an ecstatic state, stimulation, and/or hallucinations, as well as being widely used as a general remedy against illness, and to this day is used as a tonic for good health, consumed as an extract, 6-12 drops or up to 1 tsp to 1 Tbs in juice taken 1 to 3 times daily. Start with low dose and find your dosage.

Kenya

Examining some relationships between selected plant species in greater detail, teams have determined that the beautiful native blue water-lily, *Nymphaea caerulea*, can grow successfully only in locations free from damage by the floating plant raft; but there is a constant "see-saw" between lily germination from seeds in the lake mud and the destruction of these new plants by wind-blown rafts. Thus the areas of the lake where lilies last long enough to flower and set seed change every year, depending upon water level and raft area. Teams constantly survey the lake for lilies to build a dynamic picture of the changes.

ACTIVE

CONSTITUENTS:

Rumored to contain apomorphine - a dopamine agonist - as well as perhaps nuciferine. Were unfounded when in 2000 at Dr. Vic Garner's laboratory for forensic analysis in Manchester, England, the Egyptian mummy Azru was the first mummy to undergo mass spectroscopy. She had **no narcotics or painkillers** in her. They found phytosterols, bioflavonoids, and phosphodiesterase, the active ingredient of viagra, all from blue lotus. **No drug use has ever been found in ancient Egypt.**

Azru, is an Egyptian mummy donated to the Manchester Museum in England, in 1825. **Living** on the Nile, in 2700 B.C, Azru was royalty, a noblewoman of Thebes, later called Luxor, a former capital of Egypt, a chantress at Khonsu - the moon god was the son of Amon and Mut. The main temple at Karnak is dedicated to him. Three times a day she would bring food and wine with blue lotus tincture or extract, fetch garments for the gods, priests and Pharaoh, and dance and sing for the royal court. She had wealth, and her own home and servants, where she stayed until scheduled or called to the temple. There is evidence to suggest that it was a very sexually oriented society due to their pictures, writings, and religious beliefs. And, that blue lotus was historically, traditionally and effectively used, to relieve pain, increase memory, increase circulation, promote sexual desire and create a feeling of euphoria and ecstasy, without the use of narcotics.

Dr. Rosalie David, Professor, Manchester Museum, at the Manchester Infirmary conducted an autopsy of Azru. There was a team of biologists, pathologists, radiologists, forensic scientists, anesthesiologists, Egyptologists and others who participated in the most extensive analysis of a mummy ever conducted.

This project, established in 1973, involves multidisciplinary team of Egyptologists and scientists who have developed a methodology for the study of Egyptian mummified remains and added to knowledge of disease, living conditions and religious beliefs in ancient Egypt.

The project has been the subject of six books, five exhibitions, and six films shown internationally, and has received many awards. A key element of the project is the development of virtually non-destructive methods of obtaining tissue samples from mummies for further study. Techniques include radiology, histopathology, electron microscopy, serology, palaeontology, DNA fingerprinting and genetic studies, scientific facial reconstruction, textile studies, and plant and resin analyses.

The Ministry of Health in Egypt, Medical Service Corporation International of Arlington, Virginia, U.S.A., and the Manchester Project are undertaking a joint study of the epidemiology of a parasitic disease, Schistosomiasis (Bilharzia), in Egypt.

This project is addressing the historical context and epidemiology of a disease in a population over a 5000-year period. Through analytical comparison of data from mummified remains, and from modern studies, this multidisciplinary research will contribute to the understanding of disease evolution and lay the groundwork for future studies on this and other diseases.

To clarify the epidemiology of the disease in ancient Egypt, modern techniques are being developed and used for the first time to detect the disease.

Dr. Eddie Tapp, Pathologist, found parasites in Azru. Strongyloides worms found in mud that penetrates the feet and hands, blood vessels, heart, lungs, crawl up the wind pipe to the throat, and go down into the intestines where they become adults, causing bleeding, anemia, and diarrhea. Azru also had scarring of the lungs from breathing the desert sand.

Dr. Alan Fennick, Schistosomiasis Research Project, Egypt and **Dr. Mahhed L. Shahabini**, made medical history having found the first antibody ever, in a mummy. In Azru, Dr. Shahabini discovered the antibody for Schistosomiasis, a parasitic disease caused by infested waters of a tiny flat worm in fresh water snails. It causes diarrhea, fever, rashes, bronchitis, liver and lung disorders, kidney failure, and death. 80% of the current population is infected and possibly all were, 2700 years ago.

Professor Judith Adams, Radiologist, University of Manchester, found degenerative arthritis. Azru's hands and back were the worst. She had a large badly herniated disc, which must have been very painful.

Dr. Patricia Rutherford, Biologist, University of Manchester, Confirmed Azru's diagnosis of Schistosomiasis in her bladder tissue. The team was surprised that with all her pain, that she had only taken one thing for it, blue lotus.

Dr. Dave Counsel, Anesthesiologist, University of Manchester, found that Azru dyed her hair red. He tested for drugs. No drugs were detected in Azru. Dr. David Counsel and chemist Vic Garner went to Stapleys Water Garden, and took fresh blue lotus flower samples that had a scent similar to bananas only more fragrant. And from Kew Gardens, they took a small piece of blue lotus flower which was taken from an ancient mummy's tomb, and upon analysis they were both identical, had no narcotic properties, the phytosterols were nearly identical to ginkgo biloba - only richer, the samples

also contained bioflavonoids that Dr. Counsel likened to the tonic effects of ginseng, and phosphodiesterase inhibitors, the same active compound that is found in viagra.

Dr. Elizabeth Williamson, Pharmacognosist, University of London, comparing blue lotus to ginkgo, and that blue lotus appeared richer in flavones. Ginkgo is free radical scavenger and antioxidant. Blue lotus would have been used for age related diseases and would be useful in mild-alzheimers, migraine headaches, tinnitus, various conditions involving blood flow and circulation, sort of "Viagra" effect. It would be an important herb for both men and women, and could be a natural herbal form of viagra.

Dr. Joan Fletcher, Egyptologist, University of Manchester said that sex was a very important part of Azru's culture, and that she believed that continued use of blue lotus produced sexual vigor and general good health.

Dr. Lisa Manniche, Egyptologist University of Copenhagen. Sixty miles up the Nile from The Temple of Karnack in The Temple of Horus, (Horus - The earliest royal god was the shape of a falcon, with the sun and moon as his eyes. The sky-god was the ruler of the day. The many forms of Horus are; Re-Harakhti, Harsiesis, Haroeris, Harendotes, Khenti-irti, Khentekhtay (the crocodile-god), and Harmakhis, which is Horus on the horizons, in which the Sphinx of Giza is considered to be his aspect.) There are many pictures depicting sex, wearing and sniffing blue lotus flowers, and blue lotus flowers are prominently displayed throughout Egypt. In one picture the king is offering a blue lotus flower, the king speaks about the blue lotus flower to the gods and says, "When you look at it's brilliance your eyes become dynamic or imbued with dynamic properties, your nostrils dilate". This put many on the wrong path to thinking it must be a drug. Dr. Manniche, believes that blue lotus was used as a general health and sex stimulant, and scent, which was central to a sexually orientated society. Azru had probably used, and served wine, in which a blue lotus flower was floating, and blue lotus tincture or extract had been added, as part of everyday rituals, a sign of rebirth and enhancing sexual vigor and general good health.

Everyone thought blue lotus must be a narcotic, and what a surprise when no narcotics were detected, and blue lotus was found to be loaded with health giving phytosterols and bioflavonoids and phosphodiesterase . It turned out to be one the greatest daily health tonics ever found.

*Reference: Manchester Museum web site <http://www.mcc.ac.uk/Museum>
Secrets of The Pharaohs, Unwrapping The Mummy, PBS Home Video 2001 #B8482*

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