



## Keeda Jadi (Cordyceps sinensis)

### Why in News

Recently, Dr. Ranjit Singh, scientist of Bio-Energy Defense Research Institute (Diber), Haldwani said that after the success in research related to the production of Keeda Jadi (Cordyceps sinensis) in Diber lab, its commercial production will be done now in three labs located in Uttarakhand, Gujarat and Kerala.

### Key Points

- This herb is obtained from the mold released in the death of a particular type of insect. Nutrients like protein amino acids, vitamins B-1, B-2 and B-12 are found in it.
- It is used in the treatment of following diseases-
  - Kidney treatment
  - High blood pressure control
  - Blood formation
  - Treatment of asthma, impotence, bone joint pain etc.
- Keeda Jadi grows naturally in Chamoli of Uttarakhand and Dharchula and Munsiyari region of Pithoragarh in places above 3,500 meters.

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