

Andrographis

Botanical name: *Andrographis paniculata*

Energetics/Actions: cold, dry, astringent, bitter, immune stimulant, antimicrobial, antiviral, anti inflammatory

Description

Andrographis is known as the King of the Bitters. It was credited with the lower mortality rates in India during the 1919 flu pandemic. An Ayurvedic herb native to India and Sri Lanka, it is used in TCM and throughout Asia for many ailments, including snake and insect bites, liver and heart health and even as a treatment for sexual dysfunction. The aerial parts and roots are used.



Uses

Upper respiratory illnesses: Effective in decreasing symptoms and days of illness when taken during the first 1-2 days.

COVID-19: *A. paniculata* extract and andrographolide have a potent anti-SARS-CoV-2 activity with a high safety margin for major organs in cell culture models.

Pharyngitis (infection of throat or tonsils): Effective at the higher doses.

Osteoarthritis: Decreases pain and inflammation.

Inflammatory bowel disease: Has been shown to decrease symptoms of ulcerative colitis.

Liver health: Traditionally used to support healthy liver function. Reduced liver inflammation and fibrosis in mouse studies.

Dose

Standard Root Extract: 2-6 gm a day for cold, flu, throat, ear, nasal symptoms. 300-600 mg a day for osteoarthritis.

Safety Information

Talk to your healthcare provider if you are taking medications for diabetes. Andrographis can react with some medications. Avoid in pregnancy and breastfeeding due to lack of studies.