

Astragalus

Botanical name: *Astragalus membranaceus*

Energetics/Actions: Sweet, warm, deep immune activator, antimicrobial, antiviral, diuretic

Description

Used in Traditional Chinese Medicine for centuries, Astragalus root supports the immune system and decreases inflammation. It is highly regarded in China and known as Huang Qi, which means “yellow leader”. Astragalus is native to China, Mongolia and North Korea.

Uses

Immune support: Increases production of leukocytes and stimulates multiple immune factors.

Gastrointestinal: Useful to stimulate appetite, improve mild indigestion and treat loose stools.

Respiratory system: Good tonic for frequent colds and URIs.

Heart health: May improve heart function and reduce symptoms of heart disease.

Blood sugar regulation: May improve blood sugar in type 2 diabetes.

Kidney function: May support kidney function and decrease frequency of kidney infection.

Dose

Decoction: 120 gm root per liter of water, 1-3 cups a day.

Tincture: ½-1 teaspoon 3 times a day. *Astragalus must be cooked before it is tinctured.

Powder: 1-28 gm a day.

Safety Information

Caution is recommended for use in people with autoimmune disorders. Avoid use during pregnancy. Talk to your health care provider if you are taking medications for chronic disease.

