

Astragalus

Botanical: *Astragalus membranaceus*

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Astragalus has been used for thousands of years in Oriental medicine as a strength building and longevity herb. It is known worldwide for its powerful tonic and adaptogenic, anti-inflammatory and antioxidant properties. It's a tasty herb that is also used in many Oriental culinary dishes for its flavor and health benefits.

Western



Western Name: Astragalus

Also Known As: Milkvetch, Locoweed, Goat's Thorn

Main Systems: Immunity, Blood Tonic

Key Actions: Adaptogen, Antioxidant, Antibacterial, Anti-inflammatory, Antiviral, Anti-aging

Key Medicinal Uses: Diabetes, protects the liver, immunity from cancer and HIV, aid recovery from chemo and radiation treatments, fatigue, lack of appetite, stress, and flu.

Eastern



Pin Yin: Huang Qi (translates as "Big Yellow")

Also Known As: Big Yellow/Leader

Main Meridians: Spleen, Lung, Triple Warmer

Key Actions: Major Qi Tonic, Tonify Spleen, Raise Yang Qi of Spleen/Stomach, Tonify Qi and Blood, Promote Urination, Reduce Edema, Promote Discharge of Pus, Generate Flesh

Key Medicinal Uses: Prolapses, uterine bleeding, post partum fever, blood loss, chronic ulcerations and sores due to deficiency, wasting and thirsting disorders, numbness of limbs, paralysis, painful obstructions.



BASIC HABITAT/BOTANY: There are about 3,000 different species in this legume family, Fabaceae, of small shrubs. It can grow to be 20 to 40 centimetres in height.

Astragalus is native to the temperate regions of the Northern hemisphere, including Mongolia, China, and North Korea. It likes grassy regions and mountain sides with lots of exposure to sunlight.

KEY CONSTITUENTS: Cyclastagenol (also called TAT2), an adaptogen, polysaccharides, flavonoids, and trace minerals, especially Selenium.

PARTS MOST FREQUENTLY USED: Root

FLAVORS/TEMPS: Sweet, Warm

CAUTION: Considered safe. May make it difficult for the body to eliminate lithium, so do not use with lithium.

HISTORY/FOLKLORE: Astragalus is one of the 50 fundamental herbs described in Oriental medicine. Classified as a tonic herb, it is considered very safe, adaptogenic, anti-inflammatory, and strengthening to the whole system. It is considered to be the supreme protector due to its ability to strengthen Wei Qi (Defensive Qi/Energy).

Astragalus has been used in Traditional Chinese Medicine and Persian medicine for thousands of years. The recorded history of the plant Astragalus dates back at least to the 1st century C.E., and the genus was well known to Western European botanists of the 17th century.



FUN FACT!



Bulk Up

Used by martial artists to rejuvenate and build muscle. Sweet "flavor" lends flavor and health benefits when used in soups to tonify your whole system.



1st Century A.D.

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Red Blood Cell Count

Increases red blood cell count in folks with degenerative or chronic illnesses. Excellent and safe for treating all ages, young and old, strong or weak.

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