

# Parsley

**Botanical:** *Petroselinum crispum*, *P. crispum radicosum* group, *P. neapolitanum*  
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There are two main varieties of parsley, French curly leaf (*P. crispum*/aka Argon) and Italian flat leaf (*P. neapolitanum*). A well-known culinary herb, it is also used medicinally to help cleanse the blood and support the health of liver and kidney functions. Parsley is an excellent digestive herb with antimicrobial, antioxidant, and diuretic properties.

## Western



**Western Name:** Parsley

**Also Known As:** Argon, Curly Parsley, Flat-Leaf Parsley

**Main Systems:** Kidney, Liver, Digestive System, Uterus

**Key Actions:** Anti-inflammatory, Antibacterial, Antioxidant, Hepatic, Antidiabetic, Diuretic, Carminative, Aperient, Emmenagogue, Galactagogue, Anthelmintic, Antihistamine

**Key Medicinal Uses:** Detoxification, poor appetite, cystitis, edema, gonorrhea, urinary tract infections (UTIs), kidney stones, bloating, constipation, gas, promote menses, nourish blood, heart disease, reduce risk of cancer, eczema, insect bites, swollen breasts, sprains, dandruff, inflamed eyes.



**BASIC HABITAT/BOTANY:** Parsley is a species of flowering plant in the family Apiaceae. In its first year of growth it will form a rosette of tripinnate leaves, in the second year it grows a flowering stem with fewer leaves and umbels with yellow to yellowish-green flowers.

Parsley is native to the Mediterranean region. It has now been naturalized and is grown in many parts of the world. It grows best in moist, well-drained soils with full sun.

**KEY CONSTITUENTS:** Essential oils (including Apiol and Myristicin which have antibacterial properties), Vitamin A, C, and K, Potassium, Magnesium, Calcium, Iron, Luteolin, Apigenin, Coumarins.

**PARTS MOST FREQUENTLY USED:** Leaves, Roots, Seeds

**FLAVORS/TEMPS:** Leaves – Pungent, Bitter, Salty, Slightly Warming. Roots – Sweet, Neutral.

**CAUTION:** Considered safe. Large doses of parsley are not recommended for pregnant women as the herb can help to stimulate uterine contractions. Parsley can also increase blood clotting so large amounts of parsley may interfere with the blood thinning effects of Warfarin (Coumadin).

**HISTORY/FOLKLORE:** Popular the world over, parsley is used in many culinary dishes for its light scent and fresh taste. The herb is especially popular in French, Mediterranean, and Iranian cuisine. Parsley is high in antioxidants, vitamin A, C, and especially vitamin K as well as minerals. As a healing herb, parsley is commonly used to cleanse and strengthen liver and kidney function.



## Eastern



**Pin Yin:** Zhou Ye Ou Qin (*Petroselinum crispum*)

**Also Known As:** Ou Qin (*Petroselinum sativum*)

**Main Meridians:** Stomach, Kidney, Bladder

**Key Actions:** Tonifies Blood, Promotes Digestion, Relieves Stagnation, Regulates Qi, Relieves Dampness, Clears Toxins, Warms the Middle

**Key Medicinal Uses:** Induces measles, urinary tract infections, jaundice, food retention, bloating, seafood or meat poisoning, anemia, asthma, congestion, gout, arthritis, lower blood pressure, poor appetite, constipation, stimulate uterine contraction, menstrual cramping, rheumatism, acid reflux.

## FUN FACT!



### 154% RDA

Parsley contains 154% of your daily recommended amount of vitamin K, an essential vitamin that supports bone health, skin, and heart health.



### Release Water

Parsley is a diuretic and can help your body detoxify and release unwanted water weight through increased urination. This can help prevent kidney stones, reduce edema, an significantly remedy urinary tract infections (UTIs).



### Poultice

Traditionally a poultice of parsley was effectively used externally to help treat eczema, sprains, insect bites, and even to ease swollen breasts of pregnant women.

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