



ASTRAGALUS

Astragalus membranaceus (ass-TRA-gal-uss)

PERENNIAL | LEGUMINOSAE FAMILY

ZONES: 5-8

EXPOSURE: PARTIAL SUN

MATURE HEIGHT: 1 FT | SPREAD 1 FT

BLOOM: BLUE/PURPLE | SPRING-SUMMER



Medicinal



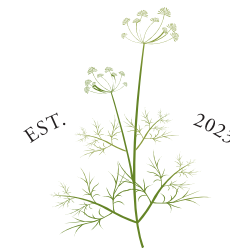
Pollinators



Resistant



Rare



HERB & VINE

— healing plants —

Chinese milkvetch, Huang qi, or Astragalus is one of the most important Chinese medicinal herbs, especially for its immune enhancing properties when taken long term. Also beneficial effect on spleen, kidneys, liver, and endocrine system.

- Therapeutic*: adaptogen, antipyretic, diuretic, tonic, uterine stimulant and vasodilator. Often used in combination with other herbs.
- Research has shown that the root can increase the production of interferon and macrophages and help restore normal immune function in cancer patients. Chemotherapy and radiotherapy patients recover faster if given Huang Qi.
- Roots stimulate the immune system, lower blood pressure and blood sugar. Increases stamina and endurance and improves resistance to the cold, especially in young people.
- Parts used: harvest roots of a 3 year old plant in the autumn and dry for later use. Roots are considered edible.

Caution: do not use if pregnant. May contain toxic glycosides or accumulate toxic levels of selenium.



**Information is based on research of the historical uses of this herb and does not constitute medical advice. Consult a medical professional before using any herb for therapeutic purposes.*



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