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ASTRAGALUS — ASTRAGALUS MEMBRANACEUS

Family: Fabaceae

Part Used: Root

Herbal action: adaptogen, Qi tonic,
Immune-modulator, Cardio-tonic,
diuretic, hypotensive, alterative



Medicinal uses: As an immune tonic, Astragalus is considered to be an adaptogen, providing deeper immune system support than Echinacea. From a Chinese point of view, it is considered a superior qi (energy) tonic, enhancing energy, especially if a person is recovering from an illness, or has been exhausted by fatigue. Astragalus' Chinese (Mandarin) name is huang qi. First written about in China, over 5,000 years ago, it was considered a superior herb with 'qi' meaning 'leader' and 'huang' meaning 'yellow'. It has been considered one of the most important tonic herbs, thus the name 'yellow leader'. Another common name for this herb is 'sweet root' due to its very sweet, delicious taste.

This is an excerpt of our full plant monograph
which is available to members of the Herbal
Village