



Astragalus A Wonder Herb

Dr Sallallah Md Amu

Astragalus is herb found mainly in temperate climate of Northern China, Korea, North-eastern Russia, and Japan and Northern part of USA. This is a perennial herb & shrub its length about 2-3 feet. When it become four year old then root part of this plant used, many hundred species of this plant cultivated but only few used as a drug. There are three chemical compounds found in its roots, Saponin, Flavonoids and polysaccharides.

Role in Cancer: This herb is revered for its ability to boost the immune system. When cancer patients undergo chemotherapy, most often, the drugs used cause the body to produce less red and white blood cells. This makes cancer patients more susceptible to infection and general illness that can quickly become serious. Astragalus enables the body to boost its white blood cell count, produce more antibodies and natural killer cells, strengthen its antiviral immunity, and increase the production of interferon.

Based on research conducted at the University of Houston, the use of astragalus enhances the ability of T•cells and NK cells to destroy tumors. It activates interleukin•2, which kills cancer

cells and helps relieve the side effects of chemotherapy such as immunosuppression, fatigue, nausea, vomiting, weight loss, and overall weakness.

In tests at the Hiroshima School of Medicine in Japan, astragalus was shown to directly increase B•cell and T•cell levels, interleukin, and antibody production. But not only does astragalus increase the number of leukocytes, in particular the “hunter” T-cells; It also helps identify the viruses, bacteria, and other rogue cells.

Other Astragalus Benefits

Wound and Skin Care: When applied topically, it effectively alleviates eczema, psoriasis, rosacea, and has also been used to treat wounds. Taken as a tea, the antioxidant property of astragalus improves your blood flow – crucial for great looking skin.

Powerful antioxidant: Astragalus improves your cellular health by slowing down the wear and tear of your DNA. Within your DNA, there are small strands called telomeres that keep your cells from unravelling. The root extracts help extend the life of your telomeres, making you look younger and slowing down the aging process on a cellular level.

Healthy Heart: Astragalus’s diuretic effect flushes toxins from our body. Many studies have shown that high blood pressure is a critical factor contributing to heart disease. Astragalus aids in blood vessel dilation, which can lower your blood pressure naturally.

Regulates Blood Sugar: Patients with diabetes can safely rely on astragalus to lower and balance their blood glucose levels. One study discovered that it restored high blood sugar to normal and raised blood sugar when it was too low.

Immune System Optimization: astragalus a powerful immunity booster it contains antibacterial and antiviral properties, it has been used effectively in treating allergies, colds, flus, and respiratory conditions.

Improves Anemia: Early studies showed that astragalus root increased the blood count of anemic patients, especially those who have aplastic anemia (bone marrow suppression). Though more research is needed in regards to anemia, initial results are promising.

Taking astragalus is generally considered safe. However, it is important to consult your health care provider before you add it to your health regimen. Though side effects reported have proved to be minor – diarrhea, bloating, and dehydration you can find astragalus in several

different forms including capsules, tablets, liquid alcohol extract, injectable forms, and topical forms. The recommended dose is between 5-20 grams of powdered root per day, which is available in capsule form.

Astragalus is a source of fascination for researchers and more studies will likely discover further conditions that this ancient herb is able to help. Look for it at your local health