

## **Astragalus**

Latin name: *Astragalus membranaceus*

Family: Fabaceae

### **Miscellaneous:**

- a.k.a. Huang Chi.

### **Uses:**

Immunostimulant, anticancer agent, purported “energizer”. Clinical studies validate use as cancer cell combatant and stimulant of the immune system, while little clinical evidence exists to support using this herb for added energy.

### **Mechanism:**

No exact mechanism is known, though it was shown in some clinical studies to stimulate interferon production and increase white blood cell activity.(2) Primary ingredients include asparagines, astragalosides, sterols, and calcyosin.

### **Contraindications/Side effects:**

Pregnancy/breastfeeding.

### **General References:**

1. Mindell, E.: *Earl Mindell's Herb Bible*: 1992, pp. 47-48, 197, 250.
2. Mowery, D.: *Herbal Tonic Therapies, Remedies From Nature's Own Pharmacy to Strengthen & Support Each Vital Body System*: 1993, pp. 55-57.