

Andrographis (Andrographis paniculata)

Common Names: Chiretta, fah tolai, kalmegh, kiryat, king of bitters, and chaun xin liang.

Location: This herb can be found in the forests of China, Thailand, Pakistan and India.

Description: The leaves and stems of the plant are picked and put to medicinal use.

Properties: This herb has been used throughout the ages to cure infections, herpes, fevers and sore throats.

Uses: This herb can be used to prevent heart attack, help fight cancer, cure the common cold, flu or fever and aid

in the process of dealing with HIV/AIDS.

Doses: Andrographis comes in tablet form.

Warnings: This herb can cause infertility in both men and women and should be used in moderation.

Women

who are nursing or pregnant should avoid the use of this herb. Some side effects can be heart palpitations and

dizziness. Also some people can experience an allergic reaction to andrographis.