

Asafoetida (*Ferula asafoetida*)

Common Names: Food of the gods, devil's dung, narthex and hing.

Location: This herb can be found in Afghanistan, Pakistan and Iran.

Description: The gum that collects after the plant has been allowed to grow for at least four years is the portion used medicinally.

Properties: Asafoetida is useful in curing nervous disorders, bowel problems and lung disorders like bronchitis.

Uses: This herb can be used to cure colic, prevent high cholesterol, repel insects and relieve irritable bowel syndrome.

Doses: Asafoetida comes in the form of powder or tinctures.

Warnings: If ingested, the uncooked herb will cause nausea and vomiting. Do not take this herb while pregnant; it can have a negative effect on the menstrual cycle and cause miscarriage.

Asafetida (*Ferula foetida*): Saturn, Fire. Due to its disgusting odor it used to be known as devil's dung. Is used in exorcism rites and incenses. During the Middle Ages a small piece was worn around the neck to guard against plague