

Corydalis (Corydalis yanhusuo)

Common Name: Corydalis rhizome.

Location: Corydalis can be found in Siberia, Japan and China.

Description: The root of the corydalis herb is used medicinally.

Properties: This herb has a hypnotic effect and can be used as a sedative or tranquilizer.

Uses: Use this herb to help treat anxiety disorders, restless leg syndrome, insomnia and cataracts.

Doses: You can find this herb in a product called Corydalis Formula from Spanda, which is blended with California poppy seeds.

Warnings: Do not take corydalis while pregnant. Use medical supervision when using this herb to treat cataracts.