

Fritillaria (*Fritillaria thunbergii*)

Common Name: Thunberg fritillaria bulb.

Description: The rhizome of fritillaria is used medicinally.

Properties: This herb can be used to aid coughs and also to help treat inflammation.

Uses: Use fritillaria to help treat coughs, laryngitis, lupus and influenza.

Doses: Look for this herb in the form of a medicine called, “qing chi hua tan tang”.

Warnings: Do not ingest this herb unprocessed. Also avoid this herb if you are pregnant or have high blood pressure.