

Khella (Ammi visnaga)

Common Names: Bishop's weed fruit, ammi visnaga.

Location: This herb originated in Africa.

Description: The fruit of this herb is used medicinally.

Properties: Khella can be used to treat spasms of the muscle.

Uses: Use khella to treat angina, atherosclerosis, asthma, kidney stones and vitiligo.

Doses: This herb can be found in tablet, tincture and tea form.

Warnings: This herb's use will result in sensitivity to sunlight. Limit your use of this herb because side effects can occur. If you are pregnant, nursing or on prescription blood thinners talk to your doctor before using this herb.