

# Andrographis

Andrographis has a renowned immune stimulating effect. It is used to treat infections, fevers and septic conditions of the blood

**Common Name:** King of Bitters, Kalmegh, Andrographis

**Latin:** *Andrographis paniculata- Folium (Acanthaceae)*

## Constituents:

Bitter principles, Diterpenoid lactones-andrographoloides, diterpene glucosides, Flavonoids<sup>1</sup>

## Bio-Medical Action:

Alterative, febrifuge, bitter tonic, cholagogue, hepatoprotective, immunostimulant, anti-inflammatory, anthelmintic

## Indications:

**Immunity:** Lowered immunity in acute and chronic infections. Andrographis is an immune stimulant rather than anti-bacterial and has proven use in treating influenza, sore throat and parasite infestation in the intestines and also for urinary infections<sup>2</sup>.

**Liver:** It increases bile flow and offers liver protection. Its bitter and cooling qualities clear liver infections and inflammation.

**Digestion:** It is historically used in bacillary dysentery and enteritis<sup>3</sup>. The bitterness indicates that it is useful for ulcers as well as removing parasites and intestinal infections.

**Lungs:** Useful in respiratory infections with green mucus, thirst and fevers.

**Skin:** Hot, inflammatory skin conditions, sores and eczema are effectively treated. It can also be used externally as a wash or in a cream<sup>4</sup>.

## Combinations:

+ **Ashwagandha** for immunodysfunction

+ **Neem, Triphala and Amla** for aggravation of the blood

+ **Neem, Gotu Kola and Turmeric** for skin problems

## Ayurvedic Energetics:

**Taste rasa:** Bitter

**Action virya:** Cooling

**Post-digestive effect vipaka:** Pungent

**Quality guna:** Light, Dry, Penetrating

**Dosha effect:** PK-, V+

**Tissue dhātu:** Plasma, Blood

**Channel srota:** Circulatory, Respiratory, Digestive

## Contraindications:

Not in pregnancy. It may aggravate digestion in some people. Not in high vata with weak digestion.

## Dosage:

2 capsules 3x/day

<sup>1</sup> Bone 1996

<sup>2</sup> Bone 1996

<sup>3</sup> Bensky and Gamble 1986

<sup>4</sup> Paranjpe