

Asparagus (*Asparagus officinalis*)

Written by Administrator

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An excellent diuretic, asparagus is also very nutritious. It is high in folic acid, which is essential for the production of new red blood cells. Many herbalists recommend asparagus root for rheumatism, due to the anti-inflammatory action of the steroidal glycosides. Powdered seed from the asparagus plant is good for calming an upset stomach. It is used as a gentle but effective laxative where an irritating cathartic would be inappropriate, while a tea brewed from the mature fern has been used for rheumatic and urinary disorders, and by Shakers to treat dropsy. It is used for a variety of urinary problems, including cystitis. The root treats dryness of the lungs and throat, consumptive diseases, tuberculosis and blood-tinged sputum. It also counteracts thirst and treats kidney yin deficient lower back pains. Asparagus root is said to increase love, devotion, and compassion. The most adept Chinese herbal pharmacists will taste a new shipment of asparagus root, testing it for sweetness. They might then reserve the sweetest roots for themselves, since these are believed to foster the deepest feelings of spiritual compassion. The roots are deeply nourishing to the yin quality.