

Asparagus, Chinese (*Asparagus cochinchinensis*)

Written by Administrator

Thursday, 19 May 2011 05:28 -

This species has been used in traditional Chinese medicine for over 2,000 years. . Internally used for fevers, debility, sore throats, coughs, rhinitis, diphtheria, tuberculosis and bronchitis. Asparagus root is used mostly for its diuretic qualities. It may be helpful in treating cystitis and other urinary-tract infections. It is taken internally in the treatment of fevers, debility, sore throats, coughs etc. It is often decocted with other herbs and used in the treatment of a wide range of ailments including diabetes mellitus. Prolonged usage is recommended for the treatment of impotence. The plant has a folk history for the treatment of cancer, modern research has detected antitumor activity and it is now being studied for the treatment of lung cancer. It is also known as a woman's tonic, and is good for the female reproductive system. Chinese herbalists consider it a valuable tonic that enhances love and compassion. The best way to use asparagus root is by juicing the rot, or making a tea from the dried root.