

ANDROGRAPHIS

What is ANDROGRAPHIS?

Andrographis, also known as “King of Bitters,” is a member of the plant family Acanthaceae. The leaves and stems of the plant are used to extract the active phytochemicals. The most medicinally active phytochemical is andrographolide. Andrographis is a superb immune system enhancer and may also be useful in cancer therapy. It is a potent antiviral herb and helps stop the growth of viruses. It is often used in Ayurvedic formulas and in Traditional Chinese Medicine, is a very important “cold property” herb, used to rid heat and toxins from the body. *

What are the benefits?

Research confirms that Andrographis, properly administered, has a wide range of pharmacological effects, of which are very beneficial. It has been used in Asia for centuries to treat GI tract and upper respiratory infections, fever, herpes, sore throat and a variety of other chronic and infectious diseases. Studies have shown Andrographis to have cancer cell-killing ability. This ability for killing cancer cells was superior to the levels of the effectiveness recommended by the National Cancer Institute for a cytotoxic substance. Research has also shown it to inhibit HIV’s toxic effect on cells and combat other viruses; have blood pressure lowering effects; reduce diarrhea and symptoms from bacterial infections; and cleanse and purify the system, particularly the blood. *

Supplement Recommendation:

For the most effective benefits, look for a product with synergistic herbs that include Isatis, Lonicera (Honeysuckle) and Elderberry. It should be naturally extracted and grown or wild crafted without the use of chemical fertilizers, pesticides or preservatives; preferably in a vegetarian capsule. Be sure it is a standardized true spectrum herbal supplement without fillers, binders or common allergens.

- **Potent stimulator for the immune system***
- **Inhibits viral activity***
- **Fights, even kills, cancer cells***
- **Protects heart muscles***
- **Clears heat from the body; cleans and purifies the system, particularly the blood***
- **Promotes digestion and aids in bowel elimination***
- **Promotes mucus discharge from the respiratory system***
- **Protects the liver and gall bladder***
- **Blood sugar reducer***

Supporting Research:

Barilla J. 1999. *Andrographis paniculata: Can herbs fight common ailments, cancer and chronic viral infections?* A Keats Good Health Guide, p. 17-20

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Huang QZ. 1974. Treating herpes using *Andrographis paniculata* products. *Guangxi Health* 5:43

Huang TK. 1994. *Handbook of compositions and pharmacology of traditional Chinese medicine.* Beijing: China Medical and Technology Press

Kapil A, Koul IB, Banerjee SK, Gupta BD. 1993. Antihepatotoxic effect of major diterpenoid constituents of *Andrographis paniculata*. *Biochemical Pharm* 46(1):182-185

Sandberg F. 1994. *Andrographidis herba Chuanxinlian: A review,* Gothenburg, Sweden: Swedish Herbal Institute. Available from the American Botanical Council (USA)

Weibo L. 1995. Prospect for study on treatment of AIDS with traditional Chinese medicine. *J Trad. Chinese Med.* 15(1):3-9

* This information has not been evaluated by the FDA. It is not intended to diagnose, treat, cure or prevent any disease.