

Andrographis

(*Andrographis paniculata*)

Product Monograph

By Terry Vanderheyden, ND

- Traditionally used to treat upper respiratory infections such as the common cold and sinusitis, to treat influenza with fever, bronchitis and tonsillitis
- Traditionally used to improve immune function
- Traditionally used for urinary tract infections.
- Traditionally used for acute diarrhea.

With a long history of medicinal use in the Far East, andrographis is listed in the *Pharmacopoeia of the People's Republic of China*, which enumerates its traditional use indications as influenza with fever, sore throat, acute or chronic cough, colitis, dysentery, and urinary tract infection.¹

In the light of repeated clinical trials herbalist Peter Holmes summarizes that andrographis “has emerged as one of China’s foremost immune stimulating anti-infective remedies for a large variety of bacterial, viral, and parasitic infections.”²

Echoing the *Pharmacopoeia of the People's Republic of China*, the extensively referenced *WHO Monograph* on andrographis points out that the following uses of this herb are supported by clinical trials: “Prophylaxis and symptomatic treatment of upper respiratory infections, such as the common cold and uncomplicated sinusitis; bronchitis and pharyngotonsillitis; lower urinary tract infections; and acute diarrhoea.”³

Well-known herbalists Simon Mills and Kerry Bone stress the immune-enhancing properties of this valuable herb and cite a study in which it is concluded that andrographis treatment “can significantly shorten the course and duration of the common cold.”⁴

Administration:

Adults: Take 0.8-1 ml (24-30 drops) 3-4x daily in a little water on an empty stomach.

Contraindications and Cautions:

Cautions and Warnings: Consult a health care practitioner before use if you are breastfeeding or if you are taking anticoagulant, antiplatelet or hypotensive medication. Consult a health care practitioner if symptoms worsen or persist.

Contraindications: Do not use if pregnant or if you are an organ transplant recipient.



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Since graduating from the CCNM in 1994, Terry Vanderheyden, ND, has practiced in Ontario, specializing in homeopathic, nutritional, and botanical therapies. Terry lives in Barry's Bay with his wife Laurie and their 7 children.

References:

¹*Pharmacopoeia of The People's Republic of China*. Vol 1. Beijing (China): Chemical Industry Press; 2000, p. 97.

²Peter Holmes, *Jade Remedies: A Chinese Herbal Reference for the West*, Volume 2, Boulder, CO: Snow Lotus Press; 1997, p. 577.

³*WHO Monographs on Selected Medicinal Plants*, Volume 2, Geneva: World Health Organization; 2002, p. 15.

⁴Simon Mills and Kerry Bone, *Principles and Practice of Phytotherapy*, Edinburgh: Churchill Livingstone, 2000, p. 266.



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