

Astragalus Root

Botanical Name: *Astragalus membranaceus*

Family: Fabaceae

Energetics: Warming, drying

Taste: Sweet, slightly earthy

Actions: Immunomodulatory, adaptogenic, tonic, antiviral, anti-inflammatory

Overview

Astragalus Root is a classic tonic herb used for long-term immune strengthening and vitality. Widely used in Traditional Chinese Medicine, it supports Wei Qi (defensive energy), resilience to stress, and overall endurance. Astragalus is best suited for prevention rather than acute illness.

Uses

Internal Uses

- Strengthens immune system and resistance to illness
- Supports adrenal function and stress resilience
- Promotes energy and vitality
- Supports cardiovascular health
- Aids recovery from chronic fatigue or prolonged illness

External Uses

- Rarely used externally
- Occasionally included in topical formulas for wound healing support

Medication Interactions

- May interfere with immunosuppressive medications
- May enhance effects of antiviral or immune-stimulating therapies
- Use caution with medications affecting blood pressure or blood sugar

Contraindications

- Acute infections with fever (avoid during active illness)
- Autoimmune conditions unless supervised
- Pregnancy: generally considered safe in food-level doses; consult practitioner for medicinal use



Caution & Safety

- Best used long-term for prevention, not short-term during illness
- Start with lower doses if immune sensitivity exists
- Use high-quality, properly prepared root



Herbal Pairings

Blends Well With

- Reishi mushroom (immune tonic synergy)
- Licorice Root (harmonizing and adrenal support)
- Ginger (digestive and warming balance)
- Codonopsis (gentle Qi tonic alternative)
- Elderberry (preventative immune formulas)

Avoid Combining With

- Strong immune stimulants during autoimmune flare-ups
- Acute-phase fever-reducing herbs during illness



Possible Side Effects

- Digestive upset in sensitive individuals
- Overstimulation of immune response if misused
- Rare allergic reactions



Forms & Dosage

Decoction

- 1-2 Tbsp dried root per quart of water
- Simmer 20-30 minutes
- Drink throughout the day

Tincture (1:5)

- 2-4 mL, 1-3 times daily

Powder / Capsules

- 500-1,000 mg, 1-2 times daily

Food Use

- Add sliced root to soups, broths, or stews
- Remove root before eating

Notes

Astragalus Root shines as a preventative tonic, building strength and resilience over time. It is ideal for seasonal immune support and long-term vitality when used consistently and appropriately.

For educational purposes only; not intended to diagnose, treat, or cure any condition.