



Health Benefits of the Dahurian Angelica root 白芷

Traditional and medicinal, the Dahurian Angelica Root or “DAR” is a Chinese herb that is still popular till this day and widely exploited in the medical, cosmetic and food industry. Principally sown and produced in the Suining district of China’s Sichuan Province, this Angelica root flourishes with the area’s near perfect climate for growth and ideal soil properties. The Dahurian Angelica root is produced primarily in Suining as 70% to general usage (this includes as an ingredient in food) and 100% to pharmaceutical usage. This Chinese herb has countless therapeutic properties that make this herb popular for various treatments.

Some of its properties are used

- To expel wind (especially those related to headaches)
- To relieve nasal obstruction
- To detox the blood
- To relieve pain
- As an anti-inflammatory
- As an antispasmodic (to suppress muscle spasms)
- To promote circulatory stimulation
- As a laxative
- As a sedative
- To strengthen the functioning of the liver
- As an anti-fungal cream for the skin.

These along with many other remedies, make the Dahurian Angelica root renowned from ancient times that date back to 400BC till this modern age. Apart from the common treatments listed above, this Angelica root is also used to treat toothaches and swollen gums. In ancient China, Zhang Cong Zheng (1150-1228), a famous physician in the military, categorized the herb ‘Bai Zhi’ as one used to combat negative external influences such as heat, clamminess, dryness and cold on the skin. Though the functions of this herb are mainly focused to benefit the lung and stomach area, Bai Zhi is also practiced on many other areas of the human body.