

### **Atractylodis Rhizoma**

Atractylodes is used for indigestion, stomachache, bloating, fluid retention, diarrhea, loss of appetite, weight loss due to cancer, allergies to dust mites, and joint pain (rheumatism).

Atractylodes is used with other herbs in Traditional Chinese Medicine (TCM) for treating lung cancer and complications of dialysis, a mechanical method for “cleaning the blood” when the kidneys have failed. Atractylodes rhizome dries dampness, enhances spleen, expels wind and dampness, and sharpens vision.[5]

Atractylodes rhizome is often used for conditions like gastric and abdominal distention, diarrhea, general swelling, weakness or withering of lower legs, rheumatic joints, cold and flu, night blindness, blurred vision and dry eyes.[2],[3],[4]

Atractylodis Rhizoma is a traditional medicinal herb, which has antibacterial, antiviral, anti-inflammatory and anti-allergic, anticancer, gastroprotective and neuroprotective activities. It is widely used for treating fever, cold, phlegm, edema and arthralgia syndrome[6]

#### **REFERENCES:**

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