

QUICK REFERENCE SHEET

ANISE SEED

Pimpinella anisum



Part Utilized:
Seed



PROPERTIES:

Carminative, Pectoral, Tonic, Diaphoretic

SYSTEMS AFFECTED:

Digestive, Respiratory

GENERAL INFORMATION:

Anise is one of the old-fashioned herbs used for medicinal purposes. It has a Licorice-like flavor that some people find helpful to improve the flavor of other herbal teas.

One of the main uses of Anise is in the treatment of nausea, colic, gas pains, and intestinal cramping. Anise is also used as an expectorant to increase the productiveness and eliminative power of coughs, and it is a mild diuretic and appetite stimulant.

Angelica, in old herbal texts from Europe and other places, is highly regarded for protection against contagious diseases, for purifying the blood, and for curing nearly everything imaginable. It was even considered effective against a wide range of poisons.

A close cousin, Angelica sinensis, known as Dong Quai shares some characteristics with the archangelica variety but also has some unique characteristics. The sinensis variety appears to be much more effective for reproductive and women's complaints.