

Health Kismet Blog

Almost Meaningful



Astragalus: It Stops Aging, Cancer, And More!

Posted on July 13, 2012 by Jonathan B



([https://healsupplements.files.wordpress.com/2012/07/1a2f3-
astragalus.jpg](https://healsupplements.files.wordpress.com/2012/07/1a2f3-
astragalus.jpg))

Astragalus is a potent medicinal herb

Astragalus is a class of herbs found in northern Asia that's been used to treat fatigue and sickness for thousands of years.

Some of the plant constituents have shown to be so potent that they're now being used as the basis for different drugs to treat cancer, fatigue, and subdue ulcers, among other things.

The Health Benefits of Astragalus

Astragalus seems to work its magic through the following mechanisms:

- It causes your body to produce more telomeres, a part of your DNA that protects chromosomes from degradation
- It contains a unique class of polysaccharides which are very biologically active
- It improves the rate of replication of immune cells called macrophages

These three properties are very unique to astragalus, and are one of the reasons its such a wonderful medicinal herb.

It's health properties are so unique that isolated compounds from its polysaccharides are being used as the basis for billion dollar pharmaceutical drugs being used to treat some of mankind's most daunting health problems.

It's also one of the reasons [holistic wellness should precede medicine \(https://blog.healthkismet.com/natural-raw-foods-drugs-medicine-substitute\)](https://blog.healthkismet.com/natural-raw-foods-drugs-medicine-substitute).

How Astragalus Stops Aging

Astragalus is uniquely healthy for your cellular health because of its ability to protect your body's telomeres from degradation.

Telomeres are small pieces of DNA located at the edge of your chromosomes. When your cells replicate telomeres help prevent your DNA from unraveling and keep it locked into place. They serve a similar function as the plastic caps on the edges of your shoelace.

Whenever your cells replicate telomeres shorten a wee bit. After so many replications the stubby telomeres reach a critical point where they're no longer usable and cells begin their programmed death, a

process called “apoptosis.”

The gradual shortening of telomeres is an important component of ageing and different types of cancer.

Astragalus causes your body to increase its production of a substance called “telomerase”, which is an enzyme that enables the production of more telomeres. In clinical studies mice treated with extracts of astragalus root had telomeres that were longer and degraded more slowly than a control group.

What’s more impressive is that despite these remarkable effects on cellular health there’s apparently no toxicity from astragalus if taken at reasonable dosages.

Astragalus Helps Improve Sickness and Heal Wounds

As stated before, astragalus contains some polysaccharides which are just darn unique.

The most notable compounds are called formononetin, calycosin and astragaloside IV, and seem to do the following things in your body:

- Reduces the amount of nitric oxide released from cells, which reduces inflammation
- Causes certain genes and metabolic pathways to be shutdown which would otherwise cause blood and chemicals to flow to wounds
- Activates other genes and pathways which activates different immune cells

Because of this astragalus is fairly robust at healing sickness. It’s been used to treat ulcers, swollen wounds, reduce hemorrhaging, and serve as a complimentary input to cancer treatments.

One of my favorite studies on astragalus was published recently in the journal *Clinical Investigative Medicine*, and it studied the ability of astragalus to reduce fatigue in cancer patients with very developed cases.

The patients were treated with a purified extract of *Astragalus membranaceus* in two 1 month cycles. After the first month 82% of patients reported feeling better and more energetic, and the following month 71% of the remaining group reported better feelings of energy, vitality, and youth.

The study was a double-blind placebo controlled study and fairly high quality.

Astragalus is Good For Diabetics

Astragalus seems to be a decent food for diabetics. For a reason that’s not entirely clear patients who take astragalus exhibit better blood sugar control.

The different polysaccharides protect against radical scavengers, and the benefits astragalus provides to cellular health seem to carry over in its ability to metabolize different nutrients.



(<https://healsupplements.files.wordpress.com/2012/07/91eb6-astragalus1.jpg>).

Astragalus supplements should be safe for most people

Astragalus Supplements, Dosages, and Side Effects

One of the benefits of astragalus is that despite its potent behavior within the body it seems to be benign at almost all doses. As far as I know there are no cases where astragalus caused harmful side effects in patients.

When you buy astragalus at the store you'll want to buy *Astragalus Membranaceus*, as it's the form most studied and easily consumed by humans.

You can either buy astragalus membranaceus in its root form or as an extract. Astragalus supplements typically come in powdered form, but it's also available in capsules.

With most supplements the amount of astragalus contained will be between 250-1000mg, and as far as I know this is fine. Only if you're taking significantly more than this or taking several doses a day should you exercise caution.

It's also possible that at very high dosages astragalus might suppress your immune system, and taking it with immune-stimulating drugs might cause side effects.

Talk to your doctor if you have any questions about this.

Who Should Take An Astragalus Supplement?

Because of its widespread health benefits and benign nature, most people would benefit from having some astragalus in their diet.

However, due to its unique properties astragalus probably provides the most help to the following people:

- elderly people looking for a non-invasive way to fight the vagaries of old age
- people looking to reduce fatigue or reduce the collateral damage from severe chemotherapy or drug treatments
- anyone with a brittle immune system that's sensitive to over the counter medication
- people looking for a natural/homeopathic way to help control blood sugar

Of course, *if you have specific questions about a condition you should consult your doctor or licensed medical professional. This is not specific medical advice.*

Overall

Astragalus is a pretty bodaceous herb. There are a large amount of studies that verify its health benefits, and the fact that it's the subject of mimicry in pharmaceuticals alludes to its medicinal potency.

References:

Bernardes de Jesus, Bruno, et. al. "The telomerase activator TA-65 elongates short telomeres and increases health span of adult/old mice without increasing cancer incidence"

<http://onlinelibrary.wiley.com/doi/10.1111/j.1474-9726.2011.00700.x/abstract> (<http://onlinelibrary.wiley.com/doi/10.1111/j.1474-9726.2011.00700.x/abstract>)

Fu-Lun, Li, et. al. "Astragaloside IV Downregulates β -Catenin in Rat Keratinocytes to Counter LiCl-Induced Inhibition of Proliferation and Migration"

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3368212/?tool=pubmed> (<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3368212/?tool=pubmed>)

Kwok-Kin Lai, Patrick, et. al. "Isolation of Anti-inflammatory Fractions and Compounds from the Root of *Astragalus membranaceus*"

<http://onlinelibrary.wiley.com/doi/10.1002/ptr.4759/abstract> (<http://onlinelibrary.wiley.com/doi/10.1002/ptr.4759/abstract>)

Kim, Wonnam. "Astragalus membranaceus Ameliorates Reproductive Toxicity Induced by Cyclophosphamide in Male Mice"

<http://onlinelibrary.wiley.com/doi/10.1002/ptr.4756/abstract> (<http://onlinelibrary.wiley.com/doi/10.1002/ptr.4756/abstract>)

Chun-Chung, Chen, et. al. "Chinese Herb *Astragalus membranaceus* Enhances Recovery of Hemorrhagic Stroke: Double-Blind, Placebo-Controlled, Randomized Study"

<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3310143/?tool=pubmed> (<http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3310143/?tool=pubmed>)

X, He, et. al. "Inhibitory effect of Astragalus polysaccharides on lipopolysaccharide-induced TNF- α and IL-1 β production in THP-1 cells."

<http://www.ncbi.nlm.nih.gov/pubmed/22410422> (<http://www.ncbi.nlm.nih.gov/pubmed/22410422>)

Chen, HW, et. al. "A novel infusible botanically-derived drug, PG2, for cancer-related fatigue: a phase II double-blind, randomized placebo-controlled study."

<http://www.ncbi.nlm.nih.gov/pubmed/22309959> (<http://www.ncbi.nlm.nih.gov/pubmed/22309959>)

Shao, Bai-Mei, et. al. "A study on the immune receptors for polysaccharides from the roots of *Astragalus membranaceus*, a Chinese medicinal herb"

<http://www.sciencedirect.com/science/article/pii/S0006291X04013129> (<http://www.sciencedirect.com/science/article/pii/S0006291X04013129>)

Sinclair, Steven. "Chinese Herbs: A Clinical Review of Astragalus, Ligusticum, and Schizandrae"

<http://www.altmedrev.com/publications/3/5/338.pdf> (<http://www.altmedrev.com/publications/3/5/338.pdf>)

Harley, Calvin, et. al. "A Natural Product Telomerase Activator As Part of a Health Maintenance Program"

<http://online.liebertpub.com/doi/full/10.1089/rej.2010.1085> (<http://online.liebertpub.com/doi/full/10.1089/rej.2010.1085>)

Posted in [Herbal Medicine](#)



Published by Jonathan B

[*View all posts by Jonathan B*](#)

32 thoughts on “Astragalus: It Stops Aging, Cancer, And More!”

1. **Macro Greens Review: All About Its Taste, Ingredients, And Benefits** *July 27, 2012 Reply*
 [...] most prominent one is glycyrrhizic acid, which also gives licorice its sweet flavor. Astragalus: Astragalus helps keep your DNA healthy. How cool is that? Green Tea Extract: Concentrated green tea means you're getting a hefty [...]
2. **Ch-Ch-Chia! Chia Seed's Health Benefits, Recipes And More!** *December 23, 2012 Reply*
 [...] Many different plants have unique classes of phytonutrients which are quite unique to themselves. Astragalus and Milk thistle are good examples. You really can't say the same for Chia, even though [...]
3. **Greens Plus Superfood Review: The Redwood Oak of Superfood Powders** *February 9, 2013 Reply*
 [...] Astragalus root – Great for your immune system and cellular health [...]
4. **Benefits of Astragalus Root - Wellness Mama** *May 7, 2014 Reply*
 [...] Astragalus has a unique structure of polysaccharides that are said to have additional benefits: [...]
5. **Benefits of Astragalus Root** *May 7, 2014 Reply*
 [...] Astragalus has a unique structure of polysaccharides that are said to have additional benefits:“ [...]
6. **ray mckinzie** *October 10, 2014 Reply*

I started taking astragalus extract 3 months ago. It cleared up my irregular heartbeat. I had a heart scan a couple of yrs. ago and my heart sounded like a gumball machine. Last month I had another heart scan and I asked the technician If there is any irregular heart beat. He said, “just slightly but not enough that I should have to worry to about.it. So there is proof that it does improve the function of the heart.

7. **Tom Cool** *October 19, 2014 Reply*

The above picture of two fan shaped leaves is not astragalus leaves and the powder looks a little too green to be astragalus. The two leaves are from a ginkgo biloba tree.

1. **Keoma** *March 12, 2016 Reply*

Thank you! That lame slip up should make every reader question the whole article. That's just ridiculous – get it together. Perfect example of how you should do your own research and ever believe everything you see on the internet because any yahoo can throw their bs out there. Gah.

1. **Keoma** *March 21, 2016*

Putang ina mo.

8. **Susan** *November 28, 2014 Reply*

If I get a virus it take exactly 5 hours for me to feel better with astragalus. On the down side I began taking it regularly and in six months I had aches in my hips when I stopped taking it, the aches stopped.

Jonathan Bechtel [November 28, 2014](#) [Reply](#)

Susan,

Thanks for this. Most people who take astragalus use it for its benefits to the immune system, and you might not realize it but testimonials like yours do a lot to “sway” people into deciding to try it.

1. **ray** [May 21, 2015](#)

If you take astragalus capsules as I do, do not take any blood thinners with it because it already works like a blood thinner. See diagnoseme.com and scroll down to the bottom of the page.

1. **Frank Banks** [March 11, 2015](#) [Reply](#)

Susan, when did the aches begin and what caused them; when did the aches stop and what caused the stoppage?

2. **susan goss** [August 30, 2015](#) [Reply](#)

Why? Because I have just started taking it, for diabetes.

9. **Sally** [June 22, 2015](#) [Reply](#)

What is the difference between Astragalus root and standardized Astragalus. I know that the standardized is much more expensive. So what’s the difference?

Jonathan Bechtel [June 23, 2015](#) [Reply](#)

Sally,

Astragalus root is just the root itself with no additional processing, except for being powdered. It’s the whole plant. Standardized astragalus is processed to contain a certain amount of the active ingredient. In theory these should be more potent, but you also have more processing so more care is necessary to make sure it gets done right. You have an increased risk of solvents and contamination with standardized products.

10. **ray mckinzie** [July 26, 2015](#) [Reply](#)

On another site the Chinese claimed that astragalus improves the heart rythem. I take 2 to 3 caps a day and it improves my heart beat and rate by 90%.

11. **Astragalus Root: Halts Aging, Decompose Cancer And Repair DNA Damage** [October 16, 2015 Reply](#)
[...] <https://blog.healthkismet.com/astragalus-health-benefits> [...]

12. **Astragalus – NutraWiki** [January 22, 2016 Reply](#)
[...] [Healthkismet, https://blog.healthkismet.com/astragalus-health-benefits](https://blog.healthkismet.com/astragalus-health-benefits) [...]

13. **Astragalus root – NutraWiki** [January 22, 2016 Reply](#)
[...] Astragalus has a unique structure of polysaccharides that are said to have additional benefits: [...]

14. **Mindy caro** [March 26, 2016](#) [Reply](#)

So happy to read all this information. I am always so scare to take herbs .thank you again I be taking my Astragalus without fear.

15. **Health Benefits of Astragalus Root - Wellness Mama** [June 29, 2016](#) [Reply](#)

[...] Astragalus has a unique structure of polysaccharides that are said to have additional benefits: [...]

16. **Freida phillips** [July 22, 2016](#) [Reply](#)

I have fibromyalgia :pain all over my body from head to toe, chronic pain, I wear a pain patch 24 hours a day 7 days a week.

Has anyone had any pain relief while taking Astragalus in any form be it drinking as a tea or taken in a capsule

17. **Astragalus- Herb That Stops Aging, Decomposes Cancer, Repairs DNA & Fights Type 2 Diabetes**

[August 5, 2016](#) [Reply](#)

[...] –<http://blog.healthkismet.com> [...]

18. **Astragalus- Herb That Stops Aging, Decomposes Cancer, Repairs DNA & Fights Type 2 Diabetes – Healthyco 24** [August 8, 2016](#) [Reply](#)

[...] –<http://blog.healthkismet.com> [...]

19. **Traganek na wzmocnienie i odporno??** [September 16, 2016](#) [Reply](#)

[...] Traganek ma unikaln? struktur? polisacharydów, które maj? równie? inne korzy?ci: [...]

20. **Patricia Nichols** [November 13, 2016](#) [Reply](#)

Where can I buy adtragalus

1. **Dean** [August 30, 2017](#) [Reply](#)

I use iHerb.com for most of my supplements.

21. **What is Astragalus? – Desafiando o Envelhecimento** [December 10, 2016](#) [Reply](#)

[...] Astragalus has a unique structure of polysaccharides that are said to have additional benefits: [...]

22. **Antonia** [May 23, 2017](#) [Reply](#)

the second picture is ginkgo leaves, not astragalus

1. **Dean** [August 30, 2017](#) [Reply](#)

I believe you are correct. I didn't notice the error until I went back up the page to see. Ginkgo is another fabulous herb, btw. I take it everyday along astragalus, jiaogulan, pterostilbene, ashwagandha, etc.

23. **Constance McKenzie** [June 25, 2017](#) [Reply](#)

Thanks for the info I will past it on

[Blog at WordPress.com.](#)