

CELERY

(*Apium graveolens*)

Clinical Summary

Actions

- Anti-inflammatory
- Diuretic
- Antirheumatic
- Alterative
- Antiseptic
- Antispasmodic
- Emmenagogue
- Hypoglycaemic
- Sedative

Indications

- Rheumatism, arthritis, rheumatoid arthritis with mental depression, gout
- Inflammation of the urinary tract

Traditional Use

Celery seed has traditionally been used as a diuretic which helps the body remove toxins through increased urine output. Traditional sources recommend its use for rheumatism, arthritis and gout.

Energetics

Cold.

Constituents

Flavonoids (apigenin), coumarins (apigravin, celerin), volatile oils (limonene), choline ascorbate, fatty acids.

Use in Pregnancy

Avoid high-dose preparations in pregnancy.

Contraindications and Cautions

Caution is advised during lactation and for patients with kidney disorders. There have been rare allergic reactions.

Drug Interactions

Caution is advised with L-thyroxine (Levothyroxine) and lithium (psychiatric medication).

Administration and Dosage

Liquid extract 1:1 in 60% alcohol
5 to 30mL weekly