

Product Profile

KHELLA

Ammi visnaga

Liquid extract of dried mature seed.

Actions: Smooth muscle relaxant and antispasmodic; non-stimulating bronchial dilator and vasodilator. Dilates urinary tract and sphincters, and the bile ducts. Dilates coronary artery, strengthens heart beat, and thereby enhances blood supply and metabolism of heart muscle.

Uses: Asthma, bronchitis and spastic coughs. Spasms and constriction of the urinary bladder and tract, and the gallbladder and bile duct; relieves urinary colic and facilitates discharge of urinary stones and thick mucous-pus discharge; relieves gallbladder colic and facilitates passage of gall stones. Indicated in coronary insufficiency, angina, arteriosclerosis, spastic heart, cardiac asthma, and recovery after heart attack. Does not increase heart rate or blood pressure. For spastic menstruation begin taking three to five days before expected period and continue until period ends.

Dose: Take 30 to 60 drops, 3 to 5 times per day.

In heart disease and asthma Khella may need to be taken for several weeks for positive effects. As effects persist for up to six hours, Khella is best used to prevent asthma attacks (esp. at night). Take 3 doses throughout the day and a dose before bed to assure a quiet night. Best combined with other respiratory antispasmodics (e.g., Skunk Cabbage, Lobelia, Thyme).

Cautions: Unreliable in acute asthma attacks or heart attacks. Avoid long exposure to sunlight or ultraviolet radiation while taking Khella.



Excerpted from the Therapeutic Herb Manual by Ed Smith. The Therapeutic Herb Manual is available for purchase by calling Herb Pharm at: 1-800-348-4372.

*This manual and the information above is for educational and research purposes only. It is not intended to medically prescribe or promote the sale of any product, nor is it intended to replace qualified medical healthcare. If you have, or think you have a condition which requires medical attention, you should promptly seek qualified healthcare.