Herb Monograph Latin Name: Angelica archangelica

Common Name: Angelica

Primary Action	carminative
Secondary Actions	anti-inflammatory
System Affinities	digestive
Conditions Treated	bloating, stomach pain
Constituents	coumarins, volatile oils
Tincture Daily Dose	6 mL to 15 mL
Tea Daily Dose	2 g to 5 g
Parts Used	root
Can Be Substituted With	Angelica sinensis (dong quai)
Pairs Well With	Arctium lappa for deficient digestion



Disclaimer: This information is provided for educational purposes only.