PERFECT HERBS

Herb Monograph Latin Name: Polygala tenuifolia

Common Name: Senega Root, Yuan Zhi

Primary Action	nervine
Secondary Actions	nootropic, sedative, mucolytic
System Affinities	nervous system, endocrine system
Conditions Treated	anxiety, insomnia, depression,
Constituents	C-glycosides, triterpene saponins, sucrose esters, and oligosaccharide esters
Tincture Daily Dose	4 mL to 12 mL
Tea Daily Dose	6 g to 15 g
Parts Used	root
Can Be Substituted With	N/A
Pairs Well With	N/A



Disclaimer: This information is provided for educational purposes only.