



# Virginia Snake Root

**Benefits and uses:** Bronchitis, Asthma, Promotes sweating, appetite, expectorant, snake bites, laxative, indigestion, emetic, stimulant.

**Information:** Herbals/Nutritionals/Medicinals can be very strong, consequently, if each one is not tailored to your specific needs, then you can risk more harm than good. This information is meant to be used by your VHC Medical Team and personal Physician as they build your Total Health Plan. Never attempt to adjust your prescribed medications and/or Natural Treatments without your physician's and Medical Team's knowledge and guidance. Since herbals/nutritionals and medications can interact with each other, it is always advisable to consult with your health care provider and The Vibrant Health Community at [www.VibrantHealthCommunity.com](http://www.VibrantHealthCommunity.com) (or call 1-866-378-8253) before starting or changing your program.

## Details

### Common Names

Milkwort, Mountain Flax, Seneca Snakeroot

### Medicinal Parts

Dried rootstock and roots

Historically, senega ankeroot found its most useful application as an expectorant in respiratory problems. The name comes from the native American practice of chewing the root, mixing it with saliva to extract medicinal principles. The resulting mash was then applied to snakebites after the wound had been cut and as much poison sucked out as possible. A good first aid measure for anyone.

The medicinal action (expectorant, emetic) of Senega snakeroot derives from its content of triterpene saponin

(senegine) that has a reflexive action on the vagus nerve through stimulation of the gastric mucous membranes. The British Herbal Pharmacopoeia recognizes Senega snakeroot as an expectorant, diaphoretic, sialagogue and emetic, for use in the treatment of chronic bronchitis. It is used as a gargle for pharyngitis. Combined with euphorbia and gumweed in asthma and bronchitis.

### **Contraindications:**

At higher doses, interactions similar to those involving diuretics and cathartics may occur. Any one or all of the following drugs may be imperfectly absorbed if this herb is being used on a daily basis: tetracycline derivatives, oral anticholinergics, phenothiazines, digoxin, isoniazid, phenytoin, warfarin. Certain antipsychotic drugs, such as the phenothiazines, as well as other psychoactive agents which are poorly absorbed in the G.I. Tract, may be even more poorly absorbed if this herb is being used.