

Angelica

Japanese Cheesewood

Pittosporum Tobira



Angelica or Pittosporum Tobira is an evergreen shrub growing to 6 m (19ft) by 4 m (13ft) at a fast rate.

It is in leaf all year, in flower from April to May. The species is hermaphrodite (has both male and female organs). It is suitable for light (sandy) and medium (loamy) soils and prefers well-drained soil. It can grow in semi-shade (light woodland) or no shade. It prefers dry or moist soil and can tolerate drought.

The plant can tolerate maritime exposure.

Angelica is used for heartburn, intestinal gas (flatulence), loss of appetite (anorexia), arthritis, circulation problems, "runny nose" (respiratory catarrh), nervousness, plague, and trouble sleeping (insomnia).

Some women use angelica to start their menstrual periods. Sometimes this is done to cause an abortion.

Angelica is also used to increase urine production, improve sex drive, stimulate the production and secretion of phlegm, and kill germs.

Some people apply angelica directly to the skin for nerve pain (neuralgia), joint pain (rheumatism), and skin disorders.

In combination with other herbs, angelica is also used for treating premature ejaculation.



USES & EFFECTIVENESS

Possibly Effective for:

- Upset stomach (dyspepsia), when a combination of angelica and five other herbs is used. A specific combination product containing angelica seems to improve symptoms of upset stomach including acid reflux, stomach pain, cramping, nausea, and vomiting. The combination includes angelica plus peppermint leaf, clown's mustard plant, German chamomile, caraway, licorice, milk thistle, celandine, and lemon balm.
- Premature ejaculation, when applied directly to the skin of the penis in combination with other medicines.
- Intestinal cramps and gas.
- Nerve pain.
- Arthritis-like pain.
- Fluid retention.
- Menstrual disorders.
- Promoting sweating.
- Increasing urine production (diuretic).

SIDE EFFECTS:

Angelica seems to be safe when used in food amounts. There isn't enough information to know if angelica is safe when taken by mouth in medicinal amounts.

Angelica root seems to be safe for most adults when used as a cream, short-term.

If you take angelica, wear sunblock outside, especially if you are light-skinned. Angelica might make your skin more sensitive to sunlight.

