



# Andrographis

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Americans catch over one billion “colds” annually. Americans also catch the “flu” at the rate of 50 million per year, leading to 100,000 hospitalizations and 50,000 deaths per year. Antibiotics can do nothing to change these “cold” hard facts.

To prevent the flu, refer to our [Cold and Flu Season articles](#). If you get the flu, treat it at the earliest onset of symptoms (abrupt onset of fever, headache, malaise, and myalgias with subsequent severe cough and chest discomfort). Treat these signs within the first 48 hours utilizing high doses of vitamin C and elderberry extract (upcoming article). The medicine Tamiflu can also play positive a role if given within the first two days of symptoms.

To prevent a cold, refer to our [Astragalus Jade Screen](#) article. If you catch a cold recognizable by the more subtle onset of sore throat, nasal congestion, sneezing and cough, then treat it as soon as possible. I also recommend a high dose of C, whether taken orally or, preferably, intravenously for a quicker response. To this, I would combine the most proven of immunostimulants for treating the common cold – Andrographis.

I have found Full Spectrum Andrographis (Planetary Herbals) at a dose of 1-2 tabs 2-3 times per day for 5-10 days to be a remarkably effective treatment for colds and other common respiratory infections. This herb (also known as “Indian Echinacea”), when found in reliable sources and standardized to the andrographolide component, has remarkable healing properties.

With the use of Andrographis, there is scientific documentation showing stimulation of antibody activity, macrophage phagocytosis and T-lymphocyte function. In addition, mast-cell stabilizing properties and anti-inflammatory constituents provide a sound rational basis for its use in colds. Double-blind, randomized clinical trials and my own clinical experience confirm the effectiveness of this preparation.

Interestingly, Andrographis as a maintenance regimen may become the standard for HIV patients and as a cancer therapy. It also may act in hepatitis as a hepatoprotectant more powerful than milk thistle. Exciting research is documenting the traditional role of Andrographis in the treatment of cardiovascular diseases.

Your Journey to Health and Healing,  
Gary E. Foresman, MD

## References:

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