

YELLOW GENTIAN

Botanical Name:

Gentiana lutea

Common Names:

Bitter Root, Bitterwort, Gentian Root, Feltwort, Field Gentian

Parts used:

The medicinal part of the plant is the dried or fresh root.

Active Components:

Gentian is mainly comprised of glycosides gentiopicroin and amarogentin that give the plant the characteristic bitter taste. In addition, it also contains alkaloids, flavonoids, tannin, and pectin.

Looks like:

Gentian is a perennial herb that grows up to 180 cm. The plant produces broad leaves 10-30 cm long and a cluster of fragrant orange-yellow flowers.

Where it's grown:

The herb is native to the mountains of central and southern Europe and western Asia. It is now cultivated in many other regions in the world. Yellow Gentian belongs to a large Gentian family with about 400 species.

History:

The plant's name is thought to derive from Gentius, an ancient King of Illyria (180-167 B.C.), who supposedly discovered the medicinal value of the herb. It has a long history of use as a herbal bitter in digestive disorders and it has been also used to treat wounds, sore throat, and arthritis.

Use:

The herb stimulates gastric and bile secretion and is therefore used as a digestive tonic to stimulate appetite and improve digestion.

