

Expert Herbal Reality Resource

Herb Name Insert Here

Names

Botanical Name *Apium graveolens*

Family: Apiaceae

Common names: Celery, ajmoda, krafis, Sellerie (Ger), apio (Sp), Han-ch'in (Chi)

Alternate botanical names: *Apium australe* var. *latisectum* H.Wolff

Description

The plants have distinctive creamy white and green umbels of flowers and its leaves form tall upright rosettes that can reach up to 1m in height. The celery stalks are characteristically succulent and rigid; it is this part of the plant that is used for culinary purposes.



Constituents

- Apiol
- Coumarins
- Iron
- Phosphorous
- Potassium
- Sodium
- Linoleic acid
- Volatile oils including d-limonene and myrcene, eugenol, piperitone

Traditional use

- Rheumatic disorders
- Stiffness and muscular pain
- Rheumatoid arthritis
- Inflammation of the urinary tract
- Cystitis
- Gout
- Rheumatism
- Eliminates acidic metabolites through the kidneys
- Particularly used in arthritic disease

Traditional actions

Traditional Ayurvedic characteristics are

- **Rasa (taste)**Pungent, astringent, bitter.
- **Virya (action)**Heating.
- **Vipaka (post-digestive effect)**Pungent.
- **Guna (quality)**Light, dry, penetrating.
- **Dosha effect:**strengthens *pitta*, and reduces excessive *vata* and *kapha*
- **Dhatu (tissue)**Plasma, marrow, nerve.
- **Srotas (channels)**Digestive, respiratory, nervous, urinary.

Traditional Western herbal actions are

- Alkalisising
- Antirheumatic
- Urinary antiseptic
- Diuretic
- Antispasmodic
- Carminative
- Galactagogue
- Anti-gout
- Anti-inflammatory
- Hypotensive
- Aphrodisiac
- Diuretic
- Depurative

What practitioners say

Cramping and muscle spasms: Due to the antispasmodic and antimicrobial properties of the pungent volatile oil, apiole, it is also effective for muscular cramping and pain that may be associated with an infection.

Ajmoda will help relieve spasms, cramps and muscular tension. It directly regulates the tension versus relaxation balance in the smooth muscles and can benefit heart pain caused by nervous constriction. As an anti-spasmodic with an affinity for the lower abdomen it can also help ease the pain of dysmenorrhoea and menstrual cramps.

Detox: The combination of antimicrobial and diuretic properties makes ajmoda excellent at encouraging the body to expel congested toxins and wastes, making it an effective whole body cleanser.

Ajmoda is indicated in flatulence, borborygmus and intestinal cramps as apiole will stimulate the digestive metabolism and encourages the natural movement of digestion downwards.

Lungs: The pungency of apiole also encourages dilation of the blood vessels and the bronchioles in the respiratory system, having a positive long-term effect on chronic conditions of the lungs.

Ajmoda is indicated in asthma, bronchitis, cough and sinus congestion. It actively helps to dilate the bronchioles by preventing spasm in the airways and encourage the removal of congested mucous.

Urination: Ajmoda seed is a specific herb for treating kidney and bladder discomfort from cold; frequent, pale urine with lower back ache and nocturia. The vegetable 'stalk' heals the urinary system afflicted with problems from heat, such as urinary irritation, cystitis, pain and frequent, dark urination with burning.

Evidence

Ancient Greek physicians including Dioscorides (first century CE) and Theophrastus (287 BCE) used celery seeds.

The seeds are rich in pungent, astringent volatile oils.

Celery seed oil has aromatic properties that are calming effect on the central nervous system. It has anticonvulsant, antispasmodic, sedative properties (1). The essential oil also has antifungal activity and inhibits a variety of bacteria including *Salmonella typhi*, *Shigella dysenteriae*, *aureus* and *Escherichia coli* (2,3). It was even shown to be a useful repellent against insects.

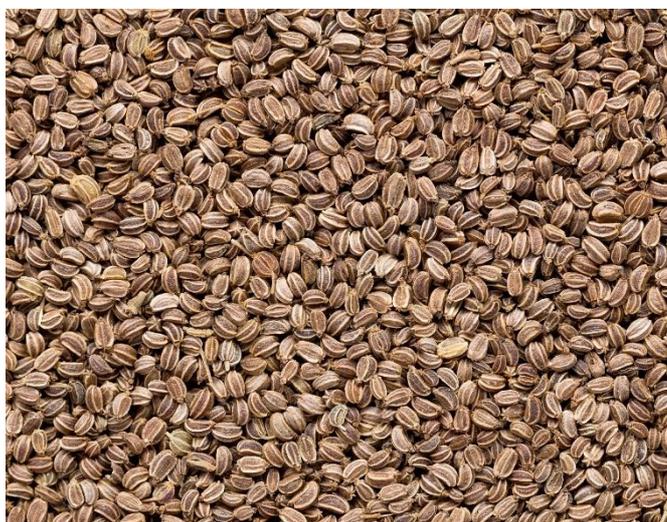
Celery seeds are full of monounsaturated fatty acids which are good for cardiovascular health (2).

A pilot clinical trial showed that celery seed extract lowered blood pressure in patients with hypertension. 30 patients with mild-moderate hypertension were given 75mg of standardized celery seed extract, twice daily for 6 weeks. There was a statistically significant decrease in both systolic and diastolic blood pressure (7).

Furthermore, cerebral blood circulation was not lowered as is common with beta blockers and ACE inhibitors, so patients were not left feeling tired and forgetful. Vasodilation is the likely mechanism of action (6).

In a clinical trial for people with chronic osteoarthritis and gout, patients were given 34mg of celery seed extract twice daily. After 3 weeks of use participants experienced average pain reduction scores of 68% and some reported 100% relief. Uric acid production was lowered which is significant for gout, and after 6 weeks the full soothing effects were felt (4).

Another experiment was conducted for patients with chronic arthritis-related pain with 75mg of celery seed extract, twice daily for three weeks. Results were even better with significant positive outcomes for increased physical mobility, quality of life and pain relief. There were no adverse effects, and the seeds had a diuretic effect (4).



Safety

Concentrated celery seeds are not recommended for pregnant women due to its uterine stimulating properties. Celery seed should be avoided if there is a history of kidney issues. It can also potentially interact with thyroid medications, diuretics, blood thinning medications, sedatives, and lithium as drug excretion can be enhanced by celery's diuretic properties making medications less effective (5).

Dosage

250mg–5g/day or 3–15ml of a 1:3 of a 60% tincture.

References

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- 4) Murray M. *The Encyclopedia of Healing Foods*. New York, NY: Atria Books; 2005.
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- 7) Madhavi D, Kagan D, Rao V, et al. A pilot study to evaluate the antihypertensive effect of a celery extract in mild to moderate hypertensive patients. *Natural Medicine Journal*. 2013;4(4):1-3.