



CALAMUS ROOT

Botanical Name: Acorus calamus

Common Name: Sweet flag, calamus

Medicinal part: Root

Description: The sharp-edged calamus is a perennial semi-aquatic plant that grows in marshes and on muddy banks of streams. Calamus root was discussed in the Divine Husbandman's Classic of the Materia Medica. This revered Chinese herbal text was written anonymously during the Han dynasty in the second or third century BC, with the knowledge attributed to the legendary figure Shennong who lived about 2500 years earlier.



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