



Figure 1 Image by ptanpm from Pixabay



Figure 2 North American Celery, Image by Buntysmum from Pixabay

Herb: Celery - Celery Seed

Latin Name *Apium Graveolens*

Family Apiaceae

Ayurvedic /  
TCM Name Qin Cai

Parts Used Stalks, dried seed, leaves

Native  
Region Medeterranian.

Geographic  
Distribution Generally, there are four different varieties cultivated: In Asian marshlands the leaf celery (Chinese celery; *apium graveolens* var. *secalinum*) variety is cultivated. Leaf celery has thinner stalks and stronger tasting. In Europe the celeriac (celery root, *Apium graveolens* var. *rapeceum*) variety is grown. The hypocotyl bulb (formed by the seedling and becomes the most used part of this variety) is a main ingredient, leaves are used for flavoring, while the smaller fibrous stalks are seldom used. In the wild, the variety is known as smallage. Its leaves are wedged, and the stalk grooved. North American growers predominantly grow the Pascal variety which has hardier stems. They are available in white or red.

Botanical  
Description Typically, celery is a bi-annual plant, meaning it doesn't flower until the second year. (Speaking of the North American Variety) Stalks are fibrous and ribbed, grow in bunches (smallest to the center of the bunch) and can be upwards of a foot in length at the outside. Leaves are pinnate to bipinnate, feathery in nature. Seeds are generally very small, brown and round.



Figure 3 European Variety (celeriac) Image by Devanath from Pixaby

Harvesting Guidelines

(Again, speaking of the North American Variety) Fields are harvested when a desired average stalk length is gained. Most of the leaves are removed. Every second year the celery flowers and after the flowers fall off the celery seeds will form. They are harvested when they are hard and dark, and when they begin to fall off at a touch (Grant, GardeningKnowHow.com)

Constituents

Volatile oils, glycosides, furanocoumarins, flavonoids, Vitamins K, A & C, folate, potassium

Uses: Personally, I use celery seed infusions to help knock down gout. (big toe since age 16 – no one knows why since I don't eat poorly, or too richly, and don't drink alcohol much.) Thank heavens for it since it works extremely well.

Other uses: In soups and stews (stalks, leaves, seeds).

Lowering inflammation, reducing blood pressure, arthritis/gout reduction, digestive stimulant, externally as a massage oil to reduce arthritic inflamed joints, and as a foot bath for gout inflamed feet. Effective in treating cystitis, helping to disinfect the bladder and urinary tubules (Easley & Horne, 2016)

Actions: carminative, antispasmodic, diuretic, emmenagogue, nervine, stimulant, sedative (medicinal amounts), urinary antiseptic, antirheumatic

Preparations

Infusions, tinctures, juices, oils.

Taste:

Bitter, earthy, slightly sweet, pungent

Energy:

According to Culpepper, Celery is an herb of Mercury, It is hotter, drier, and is more medicinal than parsley (Culpepper, 1653 (2019 edition edited by Steven Foster))

Slightly Cool and moist (Penelope Ody, 2017)

Dosage & Safety

Celery Seed Infusion (Kathy's personal remedy): 1.5 tsp organic celery seed infused covered in 8 ounces freshly boiled water for 15 minutes. Drink in one sitting. Repeat up to 3 times daily during active gout attack to flush the excess uric acid (literally).

Tincture (Seeds 1:5, 50% alcohol, 10% glycerin) 10 drops to 2 ml (0.4 tsp) up to 3 times daily (Easley & Horne, 2016)

Oil: 20 drops in a teaspoon of olive or almond oils. (Ody, 2017)

Foot Bath: 15 drops of oil in warm water to soak the feet (Ody, 2017)

Capsules: 500-1500 mg up to 3 times a day (Easley & Horne, 2016)

UNSAFE during pregnancy as celery seeds and celery oil taken in medicinal amounts may cause contractions.

Allergy: celery can cause allergic reactions in people sensitive to wild carrot, mugwort, birch and dandelion. In medicinal amounts celery may increase the risk of bleeding and those with a bleeding disorder should not take medicinal amounts. (emedicinehealth.com)

Traces of bergapten in the seeds may increase photosensitivity after using the extracted oil externally. Internal use of the essential oil is not recommended for home use. (Penelope Ody, 2017)

#### Notes / References

Gardening Know How, Saving Celery Seeds-How to Harvest Celery Seeds, Bonnie L. Grant  
(<https://www.gardeningknowhow.com/edible/vegetables/celery/saving-celery-seeds.htm>)

Emedicine Health. (<https://www.emedicinehealth.com/celery/vitamins-supplements.htm>)

Culpepper's Complete Herbal, 2019 Illustrated & Annotated Edition edited by Steven Foster based on Culpepper's 1653 Complete Herbal Volume 2)

The Complete Medicinal Herbal; Penelope Ody, 2017

The Modern Herbal Dispensatory; A Medicine Making Guide. Thomas Easley, Steven Horne, 2016