



STAY HEALTHY  BE NATURAL

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INFORMAZIONI AGGIUNTIVE • ADDITIONAL INFORMATION

## Assafoetida

Asafoetida is a plant that has a bad smell and tastes bitter. It is sometimes called "devil's dung." But

People use Asafoetida resin, a gum-like material, as medicine. Asafoetida resin is produced by solidifying juice that comes out of cuts made in the plant's living roots. People use Asafoetida for conditions such as breathing or throat problems, digestion problems, women to restart their menstrual periods after menstruation has stopped for some reason.

Asafoetida is also sometimes applied directly to the skin for corns and calluses, but there is no good scientific evidence to support these uses. In manufacturing, asafoetida is used as a fragrance in cosmetics and as a flavoring ingredient in foods and beverages.

Asafoetida is also used in products meant to repel dogs, cats, and wildlife.

There is some scientific evidence that the chemicals in asafoetida might help treat irritable bowel syndrome (IBS), and also might protect against high blood levels of certain fats including cholesterol and triglycerides. Chemicals called coumarins in Asafoetida can thin the blood.