PLANTS & HERBS

This Ancient Root Was Used to Heal Poisonous Arrow Wounds. Now We Know It Also Calms Irritated Skin, Heals IBS, Relieves Athlete's Foot & Has 10 Other Health Benefits

By bestfolkmedicine · 24/10/2023 · 4 min read



For more than 7000 years, indigenous cultures relied on a powerful root with amazing healing properties known as arrowroot to heal a variety of health problems.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

They used it for so many things, including to heal wounds from poison arrows. Studies have found it beneficial in soothing IBS symptoms and relieving diarrhea and constipation. When topically applied, it alleviates eczema and athlete's foot.

In addition to digestive and skin benefits, this healing root has also shown benefits for internal health like lower blood sugar levels and lower cholesterol levels.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

Arrowroot Explained

This medicinal plant has long been harvested for its starchy and tuberous roots. Its name comes from one of its first medicinal uses, i.e., treatment of poison arrow wounds.

Indigenous people used to apply it to pull out the toxins on injury sites caused by poison-tipped arrows.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });
As time went by, arrowroot was found to possess numerous other healing characteristics and became one of the most popular healing roots.

It's rich in B vitamins and minerals like iron, potassium, calcium, and magnesium.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });

11 Amazing Healing Benefits of Arrowroot Powder

1. **Relieves athlete's foot symptoms**

Arrowroot powder is used to make a protective, soothing, and deodorizing body and feet powder.

It can be used by people with athlete's foot to alleviate the unpleasant symptoms. To make it, you just mix six tablespoons of arrowroot powder and one tablespoon of kaolin clay.

If you want it to be more fragrant, you can add several drops of your favorite essential oil. When you apply it topically on the feet, this mixture will refresh the skin, reduce friction, and alleviate irritations.

ezstandalone.cmd.push(function () { ezstandalone.showAds(133); });

2. **Heals poison arrow wounds**

As of ancient times, arrowroot has been used to relieve injuries from poison arrows. The indigenous tribes would apply arrowroot poultice to pull out the toxins from the wound area.

The absorbent properties of arrowroot pull out the toxins from the area and heal it naturally. The good news is that today, poison arrow wounds aren't as common as they once were.

Still, you can use the poultice to speed up the healing of wounds from poisonous animal bites.

ezstandalone.cmd.push(function () { ezstandalone.showAds(134); });

3. **Alleviates constipation**

Arrowroot is good for digestion as it's a gluten-free source of dietary fiber.

The powder swells in the intestines and moves stool along the bowels, gently and gradually.

This will help reduce constipation with as minimal side effects as possible.

ezstandalone.cmd.push(function () { ezstandalone.showAds(135); });

4. **Soothes upset tummy**

Arrowroot has long been used as a calming agent for the stomach. It can reduce diarrhea, nausea, and other digestive issues.

Its starch nature makes it great for relief from diarrhea as it soaks up the surplus bowel moisture. Arrowroot is also rich in compounds that reduce nausea, acid reflux, and cramps.

5. **Relieves lung congestion**

Arrowroot has been used for relief from mucus and phlegm congestion in the lungs and throat.

ezstandalone.cmd.push(function () { ezstandalone.showAds(136); });

Its expectorant properties make it great in loosening up the mucus and encouraging its removal via coughing.

6. **Helps with UTIs**

Throughout the ages, arrowroot has been used to relieve painful urination due to a UTI. It's rich in nutrients with antibacterial properties that can be of aid in the fight against *E. coli* and other

common urinary tract bacteria.

Arrowroot will help clear out the infection and relieve the uncomfortable symptoms.

ezstandalone.cmd.push(function () { ezstandalone.showAds(137); });

7. **Speeds up the healing of wounds**

You can apply arrowroot powder topically and its antimicrobial and antimicrobial properties will stimulate the process of healing. Apply a poultice from arrowroot to speed up the healing of minor cuts, burns, and abrasions.

8. **Lowers inflammation**

Arrowroot has cholesterol-lowering fibers known as saponins.

They have anti-inflammatory properties and arrowroot can help bring pain relief and relief from swollen joints and tissues due to injuries, arthritis, or gout.

9. **May help with gangrene**

Arrowroot impedes the growth of *C. perfringens, a* bacterium associated with gas gangrene infection.

ezstandalone.cmd.push(function () { ezstandalone.showAds(138); });

10. **Relieves mouth sores**

Did you know that gargles with arrowroot tea may help coat the mouth and throat and bring relief from problems like mouth ulcers, sore gums, canker sores, and tonsillitis?

11. **Betters the digestion**

For centuries, arrowroot has been used to better digestion by absorbing toxins and surplus bowel moisture. It also reduces nausea, acid reflux, and bloating and reduces the risk of constipation.

Sources:

DOWN SHIFTOLOGY

HEALTH LINE

Read online: https://bestfolkmedicine.com/2023/10/this-ancient-root-was-used-to-heal-poisonous-arrow-wounds-now-we-know-it-also-calms-irritated-skin-heals-ibs-relieves-athletes-foot-has-10-other-health-benefits/

Downloaded on 23/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.