

FO-TI

Botanical Name:

Polygonum multiflorum

Common Names:

He-shou-wu, kashuu, Fo-Ti

Parts used:

Processed and unprocessed root

Active Components:

Contains a subgroup of bioflavonoids called Leucoanthrocyanidins, which are believed to promote healthy veins, arteries and capillaries.

Looks like:

The plant is a perennial flowering vine that grows 3 to 6 ft in height. It is the root that is mostly used for medicinal purposes, however occasionally herbalists also use the stems for various applications.

Where it's grown:

Fo-Ti is the dried or cured herb derived from a plant native to and cultivated in China, Japan, and Taiwan. Since its appearance on the American market, it is also occasionally grown in North American gardens.

History:

An extremely popular herb in Oriental medicine, Fo-Ti has been used as an overall herbal tonic for many different conditions. The Chinese name for Fo-Ti, he-shou-wu, is said to be the name of a man from the Tang dynasty (7th to 10th Century), who cured his infertility and prolonged his life thanks to the use of the herb. Since then it has been used for everything from insomnia, to dizziness, to coronary disease and even general pain.

Use:

Research in the West suggests that Fo-ti has antitumor and antibacterial properties. It is said to detoxify the blood, lower blood pressure and strengthen circulation. It has also been applied in the case of diabetes and stomach upset. Other uses include: longevity, fertility and overall health; increase of energy; to reduce blood cholesterol; to stimulate liver and kidney function; and as a mild laxative and to relax the bowel.

