

REISHI

(Ganoderma lucidum)

Clinical Summary

Actions

- Immune Modulating and Enhancing
- Anti-tumour
- Adaptogen
- Tonic
- Antioxidant
- Anti-inflammatory
- Antiviral
- Nervine
- Relaxant
- Stimulant
- Anti-allergic

Indications

- Chronic fatigue, weakened immunity, chronic infections or inflammation, convalescence, autoimmune disease, fibromyalgia, HIV/AIDS
- As a relaxing adaptogen for anxiety or overstimulation in constipation predominant irritable bowel syndrome
- Adjunct therapy in cancer during chemotherapy and radiation
- Tonic for the elderly

Traditional Use

Reishi is an oriental fungus which has a long history of use, spanning 2000 years, for promoting health and longevity in China, Japan and other Asian countries. Reishi is classed as one of the great original adaptogen medicines. Its reputation has even surpassed ginseng as one of the most valuable herbs of the Orient. Traditionally it was used in China by Taoist monks to promote a centred calmness, improve meditative practices and attain a long and healthy life. Chinese royalty, seeking longevity, held reishi mushroom in high esteem.

The specific applications and attributed health benefits of reishi include supporting immune

resistance in patients undergoing chemotherapy and/or radiation treatment for various forms of cancer, chronic hepatitis, nervousness, nephritis, insomnia, high blood pressure, high cholesterol, AIDS, diabetes, enhancing longevity and more.

Energetics

Bitter, warming, drying.

Constituents

Polysaccharides, peptidoglycans and triterpenes are three major physiologically active constituents in reishi. The predominant triterpenes are ganoderic acids A-Z. The triterpenes are insoluble in cold water but are extractable in ethanol and water. Other active ingredients include lanostans, coumarin, ergosterol, adenosine, uridine, uracil, small amounts of germanium, organic acids, resins and the polysaccharide chitin.

Use in Pregnancy

No data available.

Contraindications and Cautions

None known.

Drug Interactions

Monitor with anticoagulant/antiplatelet, antidiabetic and antihypertensive drugs. Combination may be beneficial with antimicrobial and antiviral therapy – medical supervision recommended.

Administration and Dosage

Liquid extract 1:5 in 30% alcohol
20 to 100mL weekly