

# The Current Situation of Research and Planting of Ganoderma in China

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## **Traditional Chinese Medicine (TCM) is the world treasure of culture**

In comparison to Western Medicine, TCM is regarded as the mainstay of all styles of traditional medicines, its international position increases rapidly in recent decades.

With a history of several thousand years, TCM has come to be a very important component of Chinese treasure of culture. It has abundant records of mate medica and unique sources of raw materials of medicine. The inherited classics lay the foundation of its independent theories. In the past several thousand years, none of the other styles of medicine has been remained consistently, TCM is the only exception, which is esteemed as the world treasure of culture.

Being listed as a top grade in "Seng Nong's Herbal Classic" (the earliest extant monograph on mate medica in China), ganoderma is described detailed in "Compendium of Materia Medica" (the most comprehensive work of ancient Chinese herbal books).

"Fuxi (a legendary ruler of great antiquity, the first of the Three August Ones) invented "Nine Needles", Seng Nong (the Holy farmer, the 2nd of the Three August Ones, supposed to have discovered the curative virtues of plants) tasted hundred species of grass. These beliefs can be traced back to the very being of the Chinese history, which, on the other hand, is an evidence that the medical activity has been as early as the primitive period in China.

Among the 365 species of roots of grass, wood, fur, animals and stones recorded in the "Seng Nong's Herbal Classic", 3 grades, the top, the middle and the lower are clarified.

The feature of the top grade is that no side effect occurs even being taken in a long period of time. On the contrary, longer taking reduces weight and extends life span.

6 species of ganoderma in 6 different colours are mentioned in the classic of Seng Nong. Li Shi Zhen, a famous medical scholar in Ming Dynasty (1368-1644) introduced the indications of the 6 species concretely. The later was republished in 1956, and translated into several foreign languages, such as Japanese, English, French, German, Russian and Latin, being known to the world and regarded as the cornerstone of TCM.

## **The Current Research on Ganoderma**

The research in relating to ganoderma has been continued but not sufficient. The followings are a list of the main studies concerned at present.

1) Chinese Tonic- Ganoderma's Biochemical & Pharmacological Functions Written in 1983 by Prof. Chen Wen Wei, Beijing University of TCM

(1) Increase of 2, 3 DPG of red blood cell in ganoderma liquid

## (2)Anti-acidification of Ganoderma

### 2) Ganoderma's Affects on Macrophage Inhibition Factor

Written in 1992 by Prof. Xu Wei Min, Shanghai Medical University: Ganoderma's suppression to lymphocytotics

### 3) Ganoderma's Affects on Macrophage Inhibition Factor

Written in 1992 by Prof. Zhang Luo Xiu, Shanghai Medical University: With dual immunoregulatory functions, Ganoderma improves the mechanism of macrophage inhibition factor

### 4) Ganoderma's Immunoregulatory Functions (Introduction)

Written in 1992 by Prof. Zhang Luo Xiu, Shanghai Medical University : 11 aspects of the functions are quoted

### 5) Ganoderma in Treating Tumors

Written in 1994 by Prof. Pen Zi Hang. The China Research Institute of Mushroom:: 90% curability in 30 cases

### 6) Lute Malntanence With Ganoderma Extract

Written in 1995 by Mr. Yan Geng Yao, Shanghai Teacher University Ganoderma extract in improving dysfunctions and detoxification of liver

### 7) Ganoderina in Curing Tumors

Written in 1997 by Mr. Xigh Jia Jiu, President of No.307 Hospital of the Military Academy of Medicine

## **The Planting and Popularity**

The planting of Ganoderma started as far as the period of Seng Nong. Presently, a total output of Ganoderma harvest reaches up to about 3,000 tons. They are mainly planted in about 10 regions ; such as the outskirts of Beijing, Changchun of Jilut Province, Chengdu of Sichuan Province, Longqian of Zhejiang Province; and in Anhui, Fujian Province.

Ganoderma can be planted in cut trees and vinyl bag. The method of vinyl bags is preferred in those regions producing in a large volume as over 1,000 tons annually; Cut trees method can be found in Longqian, Changchun and Chengdu, the two cities have set up some cooperative programs with Japan in the field of planting Ganoderma.

Being exported to other countries, Chinese Ganoderma is largely consumed at home. Officially, the effect has been acknowledged. Being treated as health maintaining food, Ganoderma can be taken in forms as original, capsule, powder, or with tea or alcohol.





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Born on April, 1942 in He Bei Province, China

Graduated from Beijing University of Chinese Medicine and Pharmacology in 1966, a vice-president of the same University in 1977, a president and professor in 1985, and a president of the branch of Japan in 1996. At present ; a president of Beijing University of Chinese Medicine and Pharmacology Japan, a chief secretary of World Society of Medical Qigong, a chairman of China Association of Traditional Chinese Medicine Japan office, a guest member of Japan Medical University and so on.

