

✔猴枣散中的猴枣是什么东西?
In English: What is the monkey jujube in the monkey jujube powder?



猴枣指一种真菌猴头菇 (Hericium erinaceus)。
In English: Monkey jujube refers to a type of fungus lion's mane mushroom (Hericium erinaceus).



Lion's mane mushroom is named as "monkey head mushroom" in Chinese. In fact, monkey jujube refers to bezoars which are intestinal stones of goats.

