

Ephedra sinica

Ephedra sinica (also known as Chinese ephedra or Ma Huang) is a species of *Ephedra* native to Mongolia, Russia (Buryatiya, Chita, Primorye), and northeastern China (Gansu, Hebei, Heilongjiang, Jilin, Liaoning, Nei Mongol, Ningxia, Shaanxi, Shanxi).^[2]^[3]

It is the primary source of the medicinal preparation ephedra, also known by its Chinese name ma huang. It has been proposed as a candidate for the legendary soma of the Rigveda.

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