**MONOGRAPH**

**By: Michelle Jones**

**Common Name: Cordyceps**

**Botanical Name:** Cordyceps Sinensis

**Family:** Clavicipitaceaea

**Also known as:** Deer Fungus, Caterpillar Fungus, Dong Chong Xia Cao Tochukas



**Parts used:** Fungus/mushroom

Tincture, Decoction, Dried Powder

**Uses:**

* Cardiovascular and Circulatory Disorders  
  Effects on Cholesterol and Lipid Metabolism  
  Digestive, Hepatic, and Gastrointestinal Disorders Hepatic Diseases  
  Genito-urinary and Renal Disorders  
  Immune Disorders; Inflammation and Disease
* Chemotherapy Adjunct Treatments  
  Metabolic and Nutritional Disorders
* Performance and Endurance Enhancement
* Aging and Senescence; Longevity Enhancement
* Reproductive Disorders Sexual Dysfunctions (Male and Female)
* Respiratory, Pulmonary and Bronchial Disorders (cough and tuberculosis)
* Irregular Menstruation
* Night Sweats
* This fungus also has the ability to increase the ATP (Adenosine Tri-Phosphate) production in human cell's mitochondria which is known to increase energy levels in those who use it
* Improves Appetite
* Improves Sleeping Patterns
* Prevents allergies
* Treats Cold and Flu by enhancing adrenal and lung energy
* Reduces flabby waits and knees.
* Treats rheumatoid arthritis
* Effective in lowering the lipoproteinemia level, and in preventing arterio-sclerosis and coronary heart disease, as well as certain other diseases related to blood vessels of the brain
* It provides remarkable benefits for cirrhosis and neurasthenia
* Cordyceps also increases levels of natural-antioxidants and is believed to promote longevity

**Actions:** Adaptogen, bitter, anti-inflammatory, anti-carcinogenic, respiratory, emmenagogue, cardiovascular, immune enhancing, renal and hepatic, anti-oxidants, promotes longevity.

**Constituents:**

**Polysaccharides-**  
Polysaccharides in Cordyceps have shown various activities: hypoglycemic (CS-F30); hypolipidemic (CS-F30); immunostimulating (CS-81002); immunostimulating/radioprotective/antitumor (polysaccharide I); and antileukemic (polysaccharide fraction-conditioned medium).

**Nucleotides and Nucleosides-**  
Certain nucleosides in Cordyceps, such as adenosine, inhibit platelet aggregation and others have shown calcium antagonist and inotropic activity. Nucleosides reported in Cordyceps include adenosine, uracil, uridine, guanine, guanosine and 2’- and 3’- deoxyadenosine (cordycepin).

**Other Constituents-**

Cordyceps sinensis also contains: galactomannans, polyamines (spermine, spermidine, homospermidine, putrescine, 1,3-diaminopropane), various uncommon cyclic dipeptides, minerals, vitamins B1, B2, B12, E and K, all the essential amino acids, glutamic acid, Ltryptophan, L-arginine, and lysine. C. sinensis also contains d-mannitol, ergosterol, ergosterol derivatives, alkaloids, fatty acids (mainly oleic, linoleic, palmitic, and stearic acids).

**Tincture:** Leaves and flowers.

1:2 Tincture: 30-60 drops – 2-3x’s per day or as needed.

**Capsules:** Powder

Dried Powder: 200 mg, two caps 2x’s per day.

* **Decoction: 1:5 –** 1 part mushroom to 5 parts water.

**Harvest:** The season starts at the beginning of April and lasts until the end of June, although normally the harvesting season spans from the beginning of May until the middle of June.

**Taste:** Slightly bitter.

**Contra-indications:** Cordyceps is generally well tolerated. Dangerous or permanent side effects are not often associated with routine supplementation. Diarrhea, dry mouth and nausea can occur, but often pass quickly. Consult your doctor if you are pregnant or nursing.

**Where it grows:**  Cordyceps can only be found in isolated places in southwestern China, in a dozen locations in Norway, and in small amounts in Finland and Sweden.

**Folklore:** In traditional Chinese medicine, Cordyceps is used for the kidney and lungs meridians. Athletes who used Cordyceps in their training programs surprised everyone including sports authorities when they broke the 10,000 meter World track record in 1993 and shattered dozens of world records in 1 year. 