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| http://pics.davesgarden.com/pics/2001/08/14/herbin/f7a519.jpg |

Sandi Coyne

**Monograph**

Name:Fo-Ti

Botanical Name: Polygonum multiflorum

Other Name: Fleeceflower, (Chinese) Zhi he shou wu

Family: Polygonaceae

Form: Vine, red stem, heart shaped leaves

Flowers: White or Pink flowers

Parts Used**:** Root (vine in Chinese medicine)

Folk: Nourish the heart and calm the spirit, unblocking the channels of energy through the body

Typical Medicinal Preparations: Raw, cured, wine, steamed, teas, tinctures, capsules, syrups, ointments. Unprocessed (white fo-ti) is applied to skin conditions and used as a laxative. Processed (steaming the dried roots in a black bean sauce for tonics, teas, decotions…

Medicinal Uses: Alopecia; Gray hair; Increase Vitality (Alzheimer’s disease); Fertility/Infertility (male and female), Liver cleansing (Hepatitis); Stress/Anxiety; Insomnia; Fatigue; Constipation; Tinnitus; Circulatory function (red blood); Cardiovascular health; High cholesterol/blood pressure; Weak bones; Nerves; Brain; Endocrine and Adrenals as well as kidney health. External: Skin rashes; Acne; Athlete foot; Yeast infections

Name:Fo-Ti

Actions: Adaptogenic; Anti-aging; Anti-tumor/cancer; Anti-pyretic; Anti-progestational, Anti-inflammatory; Antioxidant; Sedative; Laxative (depending upon preparation); Anti-viral; Anti-fungal; Anti-bacterial; Blood purifier; Astringent;

Constituents Chemical/ Chrysophanic acid, Chrysophanol, Emodin, Resveratrol; Lecithin;

Mineral/Vitamin Zinc; Iron; Alkaloids; Contains estrogen like chemicals;

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Harvest: Roots and rhizomes (underground stem of plant) 3-4 year old plants. Dried. Then used in processed or unprocessed forms.

Culinary: Cured roots; curing increases phosphates. Processed is considered cooking in a black bean sauce. Unprocessed is the raw form which acts a strong laxative.

Taste: Slightly bitter

Energy: Warming

Combines: Jujubes and/or biota for insomnia. Astragalus, burdock root, ginseng, lycicum berries. Combines in a known 13 herb mixture called Shou Xing Bu Zhi

Caution: Can cause diarrhea and stomach upset if too much is used

Gladstar, R. 2001/2008. Herbal Recipes for Vibrant Health.

Mountain Rose Herbs.Fo-Ti Root. 2016 [www.mountainroseherbs.com/products/fo-ti-root/profile](http://www.mountainroseherbs.com/products/fo-ti-root/profile).