Nutrition and use of Gastrodia elata Bl

1. The record about medical effect of gastrodia elata in China is shown 2,000 years ago.
Gastrodia elata is orchid family plant and was recorded in every version of <<Chinese medicine book>> and has been known as famous and important medicine. Gastrodia elata was recorded in (shinryongbonchogyung), (ilhwajaboncho), (gaeboboncho), (bonchogangmok), (yakpumhwaeui) of medicine books in ancient times, and according to the record in the medicine books mentioned above, gastrodia elata relieve the burden of liver and improve congestion and reinforce muscle and bone and heal palsy and has effect on anemia, vertigo and headache etc. With regard to gastrodia elata, tangaek pyun chobuha in Dongeubogam, traditional medicine book recorded vertigo can’t be cured without gastrodia elata. Oihyungpyunsu in Dongeubogam mentioned gastrodia elata can be used to treat palsy of arms and foot and it can be taken by decocting, steaming or raw. In addition, jabyeongpyunpung in Dengeubogam recorded gastrodia elata can treat palsy and stroke. Gastrodia elata sprout is called jungpungcho or jeokjeon. The nickname derives from the fact that gastrodia elata does not waver by wind.

2. Substantiation by modern medical study:
According to modern medical study, gastrodia elata contains nine kinds of phenol elements including Gastrodin, HBA, p-hydroxybenzaldehyde, 4-Hydroxybenzylalcohol, and Vanilylalcohol. Besides, gastrodia elata contains 16 kinds of amino acid among them, there are Threonine, methionine, and phenylalanine, and lysine beneficial to health; In addition, gastrodia elata contains 29 kinds of element and among them, there are zinc, germanium, Selenium, copper closely related with the health of human body. Recently, the study on the effect of gastrodia elata has been conducted widely and there has been advance in clinical treatment. The area of study can be summarized as follows:

1. With regard to central nervous system, there are studies on anti palsy medicine, anodyne sedative, hypnosis, stimulation of intelligent ability and anti aging etc. Gastrodia elata can reduce the amount of dopamine in the brain. The restriction of central DANA function peripheral nerve is related with reconsumption of DANA.
2. With regard to blood vessel system, gastrodia elata enables heart muscle to reinforce contraction capacity, to increase the influx of heart blood, to promote heart muscle cell energy metabolism, to improve heart muscle blood circulation and to prevent damage of heart muscle. Gastrodia elata has adaptive improvement for central artery and enables elasticity of blood vessel reinforced and improve collision alleviation capacity that blood vessel has regarding blood pressure.
3. Gastrodia elata enhances oxygen lack capacity in the body. It is ideal for the workers who work at high altitude area. In addition, gastrodia elata can heal infection early and control swelling of body and promotes immune system. Various effective ingredients in gastrodia elata can soothe sputum and cough and promotes secretion of bile. Gastrodia elata does not have any poison. Experiment has shown gastrodia elata do not have any influence on blood, liver, kidney and cholesterol. Therefore, it can be used for treatment as well as prevention. If you take it for long time, this product does not have any side effect. Gastrodia elata is mainly used for the treatment of diseases including stroke, palsy. Muscle pain, rheumatism, neurasthenia, insomnia, headache, dizziness, high pressure, Alzheimer’s disease and Parkinson disease.
The story of Gastrodia Elata BL

- **Dongeui Bogam (東醫寶鑑)**
  - The characteristics are cold and peaceful. The taste is bitter and sweet. It has no poison at all. It cures paralysis, arthritis, epilepsy, dizziness. It also cures the tongue numbness caused by the stroke. It is a root looks like cucumber. -Omitted- Its name is the Gastrodia Elata BL. Only the Gastrodia Elata BL cure dizziness caused by the diseases(非天麻不能治). -Tangakpyun Choubuha (湯液篇 草部 下)-
  - The bud of the Gastrodia Elata BL is a single stem and looks like an arrow. At the end of the bud, there are leaves. Since the color of the leaves is red, it is also called as Jikjeon (it means reddish in Korean). - Omitted-This plan never swayed by the wind, but it shakes itself if there is no wind.
  - *It is good for the stiff legs and arms. The Gastrodia Elata BL can be boiled with water or possible to eat straight.-Ohyungpyunseu(外形篇 手)-*
  - *It cures paralyzed arms and legs due to the stroke. The bud of the Gastrodia Elata BL is called as 'Jung pungcho' or 'Jikjeon'. The name means a plant that never swayed by the wind. -Jopbyungpyunpung(雜病篇 風)-*

- **Hynagaykjipsungbang (鄕藥集成方)**
  - It tastes spicy and is not poisonous. It is good for the stiff legs and arms. It cures paralyzed arms and legs due to the stroke. It strengthens the muscular strength. If a person takes it for a long time, it improves the health condition and increase the energy.

- **Yakpumhwaeui(藥品化義)**
  - The Gastrodia Elata BL has warm and peaceful characteristics. It is said that if there is any liver pain, the Gastrodia Elata BL is the best plant. If the liver is getting weak, the liver becomes stiff and unable to function well. The dizziness and trembling are caused by the liver diseases. The Gastrodia Elata BL is the best plant for these symptoms. It improves the function of the liver and provide nutrition. Gastrodia Elata BL is the plant from the heaven. It cures the stroke, paralysis, cerebral infraction, and dizziness, etc.
  - The Gastrodia Elata BL has smooth taste and it purifies the blood. The Gastrodia Elata BL is very good for the disease caused by the blood problems.

- **Bonchogangmok(本草綱目)**
  - The Gastrodia Elata BL is called as the 'Jukjunji' or 'Jungpungcho'. The taste is sweet and peaceful. It is good for paralysis and stroke. It cures the symptoms of dizziness.
  - The name has a meaning of a medicine from the heaven to cure the paralysis. If a person takes the Gastrodia Elata BL for a long time, red spot appears. It is the sign that the paralysis is cured.

- **Other Books**
  - <Shinongbonchogyung(神農本草經)> The Gastrodia Elata BL cures harmful diseases. It helps to make human body healthy.
  - <Myungbyulrok(名醫別錄)> Gastrodia Elata BL helps to get rid of the furuncle and cure the hemorrhage.
  - <Gaeboboncho(開寶本草)> Gastrodia Elata BL cures the paralysis, stroke and poliomyelitis, convulsion and strengthen the muscle.
  - <Bonchohyulun(本草彙言)> The Gastrodia Elata BL cures the headache, cerebral diseases, paralysis, stroke, speech disorder and epilepsy, etc.
  - <Bonchoyuneui(本草衍義)> Gastrodia Elata BL is good for diseases. It can be taken with the homey as a snack.
What is the Gastrodia Elata BL?

Gastrodia Elata BL is the perennial plant belonging to orchid family living several years. It grows up to 30~100 cm. Its roots look like sweet potato and its stem is reddish brown color with inky leaves. It is a semiparasite living together with the root of oak tree. Its white flower blossoms in May or June. Its root is the Gastrodia Elata BL and its stem called as 'Jukjeon' or 'Jungpungcho'. The name of Gastrodia Elata BL derived from the combination of "heaven" and 'Hem' since it fall from the heaven and cure paralysis.

Why is fresh Gastrodia elata BL beneficial to health?

Market for Gastrodia elata BL includes dried type and powder type etc. I will introduce property of Gastrodia elata BL to you.

The problem with existing Gastrodia elata BL processing:

1. Several nutrients like poly saccharide and protein contained in Gastrodia elata BL is likely to be deteriorated due to insects or mold etc. Besides, if Gastrodia elata BL is dried in the sun or stored, various bacteria can be generated between creases of Gastrodia elata BL.
2. As the ingredients of Gastrodia elata BL is easily soluble in water. traditional storage method can't guarantee the quality of Gastrodia elata BL completely.
3. Steaming, smoking, and baking of traditional Gastrodia elata BL processing cause active ingredients to be damaged.
4. If Gastrodia elata BL is burned at high temperature, fine elements and amino acid in Gastrodia elata BL can be reduced a lot.
5. If Gastrodia elata BL is boiled in water, gastrodin and gastrodia elata saponin can be damaged by being dissolved in boiling water.
6. The effective ingredient of Gastrodia elata BL is mainly placed in cell. As traditional grinding method has extremely low surrounding wall rates of cell and causes effective ingredients emitted to outside of human body, effect of Gastrodia elata BL is reduced remarkably.

Constant sincerity and effort, We present you passion and bliss. We guarantee we provide you the best quality product extracted from the best raw material growing in clean natural environment by maintaining the freshness. Constant sincerity and effort, we present you passion and bliss.