



The 'Three Kings' of Chinese medicine

Chinese herbal remedies date back thousands of years and typically contain a mixture of ingredients based around one or more key ingredients known as the "king" herbs. The three most treasured "kings" of Chinese medicine are:

1. GINSENG

Ginseng is the best known "king" herb. Its main action is as an energy tonic. The two main types have distinct properties.

Asian ginseng (panax ginseng or red ginseng): Adds "heat" in addition to energy. Suitable for weak and cold patients. Not to be taken by patients with high blood pressure, insomnia and irritability.

North American ginseng (white ginseng): In addition to energizing, it also cools and moisturizes. Suitable for weak and "dry" patients, e.g. dry skin, dry throat, recurrent sore throat, etc.

2. ASTRAGALUS

Energy stimulant – especially "defensive" energy. Chinese households cook with this herb in soups for general health maintenance and prevention. It is useful to build up the immune system of patients with frequent infections or for patients who have undergone chemotherapy. It also prevents excessive sweating.

3. ANGELICA

Dong quai – known as "women's ginseng."

- It builds up blood and stimulates circulation, especially good to replace blood loss of child birth and menstruations.
- It also contains plant estrogen and is therefore beneficial for menopausal symptoms.