

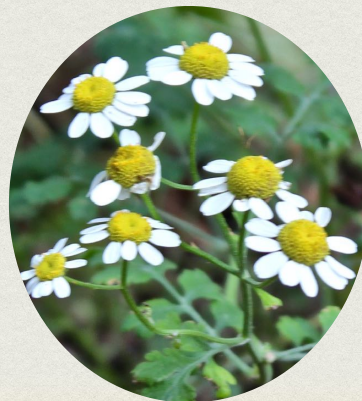
Medicinal Plants Disclaimer

This information is intended as an introduction to the uses of plants for educational purposes only. San Diego Botanic Garden makes no claims as to the medicinal effects of any plants.



OBJECTIVE

Present “hands on” overview of herbs from the San Diego Botanic Garden that have a history of medicinal properties and nutritional values.



Turmeric

Curcuma longa

Zingiberaceae

- **Plant Type:** Herbaceous perennial plant, propagated by rhizome. Native in India, Southeast Asia, and a “cousin” of Ginger in the same family.
- **Historical Background:** Long history of usage in traditional Chinese medicine and Ayurvedic medicine. Originally used as a dye, and a constituent of curry (yellow color).



Turmeric

Parts Used: Rhizome/roots.

Medicinal Constituent: Curcumin (a polyphenol) is the key constituent. Over 30 essential oils including zingiberen and turmerone. Vitamin C, B3, potassium, magnesium, manganese, copper, iron, zinc, curcuminoids, sterols, volatile oil, and omega 6. “In 2009 the British Journal of Cancer published a study showing that curcumin was effective in killing esophageal cancer cells within 24 hours of treatment.”

Turmeric

Therapeutic Properties: Many therapeutic properties including anti-inflammatory, arthritis, cardiovascular, liver health, antibacterial, arsenic exposure, etc. Clinical trials indicate various cancer remedies-colon, prostate, and pancreatic.

Forms: Raw rhizomes, culinary, capsules, powder, decoction, tea, or poultice. Absorption is an important issue and recommendations often include the addition of black pepper, fats, and adjuvants to increase bioavailability.

FO-TI

Polygonum multiflorum
Polygonaceae

- **Plant Type:** Herbaceous vining plant. Native to central and south China.
- **Historical Background:** The Chinese have attributed anti-aging properties to the root of the Fo-Ti for hundreds of years.



FO-TI

Parts Used: Roots, leaves, and rhizomes.

Medicinal Constituent: Bioactive compounds. Contains an alkaloid that has rejuvenating effects on the nerves, brain cells, and endocrine glands. It stimulates a portion of the adrenal gland and helps to detoxify the body. Reduces the amount of fat deposited in the liver and it may protect the liver from damage by toxins.

FO-TI

Therapeutic Properties: Used for a long list of ailments including atherosclerosis, constipation, fatigue, high cholesterol, high blood pressure, blood deficiency, nerve damage, eczema, and inflammation of lymph nodes, anti-diabetic, anti-cancer. Antibacterial, anti-inflammatory, and anti-oxidant.

Boosts the immune system, protects liver, helps premature graying of the hair return to black.

Forms: Tonic, roots, powder, leaves, and tea.