

## The Remarkable Whole Herbs in Bao Shi:

Traditional Chinese Name: **Ho Shou Wu**

Botanical Name: *Polygonum multiflorum*

One of the most important Chinese rejuvenating herbs, it is also very popular in Ayurvedic medicine. Studied and used in China for the purpose of restoring hair and for its anti-aging properties.

Traditional Chinese Name: **Han Lien Tsao**

Ayurvedic Name: Bhringaraj

Botanical Name: *Eclipta prostrata* synonym: *Eclipta Alba*

Called "ruler of hair," it is the main herb used for rejuvenating hair in Ayurvedic medicine. Used for promoting hair growth and restoring hair color.

Traditional Chinese Name: **Fu Ling**

Botanical Name: *Poria cocos*

Important herb in Chinese pharmacopoeia, used to enhance synergistic effects of whole formula.

Traditional Chinese Name: **Di Chien Tsao**

Ayurvedic Name: Brahmi synonym: Gotu Kola

Botanical Name: *Hydrocotyle asiatica* synonym: *Centella Asiatica*

One of the most important medicines in both Chinese and Ayurvedic tradition.

Long reputed as a potent longevity herb and brain tonic, used for hair loss and anti-aging. Studies have shown that it improves cerebral microcirculation.