

All About *Pueraria Lobata* (Ge-gen / Kudzu)

No.1

Kudzu

Common name: Ge-gen

Botanical name: *Pueraria lobata*

Historical or traditional use (may or may not be supported by scientific studies)

Kudzu root has been known for centuries in [Traditional Chinese Medicine](#) as ge-gen. The first written mention of the plant as a medicine is in the ancient herbal text of Shen Nong (circa A.D. 100). In Traditional Chinese Medicine, kudzu root is used in prescriptions for the treatment of wei, or “superficial,” syndrome (a disease that manifests just under the surface—mild, but with fever), thirst, headache, and stiff neck with pain due to [high blood pressure](#).¹ It is also recommended for [allergies](#), [migraine headaches](#), and [diarrhea](#). The historical application for drunkenness has become a major focal point of modern research on kudzu. It is also used in modern Chinese medicine as a treatment for [angina pectoris](#). Source: <http://www.wildoats.com/redesign/hn.php?org=wildoats&ContentID=2119009>

No.2

🌿🌿 Kudzu / Ge-gen (Botanical Name: *Pueraria lobata*). In one study, 71 people took 10 to 15 grams of a root extract a day for 4 to 22 weeks. During this time, 29 were much improved, 20 showed some improvement, and 22 showed little or no improvement.

Kudzu root preparations have produced no adverse effects in human trials.

Source : <http://www.mothenature.com/Library/Bookshelf/Books/41/11.cfm>

No.3



How Does Kudzu/Ge-gen(*Pueraria Lobata*) Work on Alcohol?

First let's describe the energetic properties of alcohol, then we'll see how Kudzu (*Pueraria Lobata*) addresses these qualities. Just as herbs are given tastes and temperature, so are other things that might end up going into our mouths. Alcohol is considered in TCM as being warm or hot in temperature. It makes you feel warm, it burns the stomach, and it turns your face red. These are all indications that alcohol's thermal nature is hot. Its effect on the human body is the creation of damp and heat inside the body. The heat part is relatively easy to understand as I just mentioned. However the dampness is something that we'll see more in the hangover than the heat of intoxication.

Source: <http://beyondwellbeing.com/herbs/kudzu.herb.3.shtml>

No.4

***Pueraria lobata* (Willd.) Ohwi**

Uses

Kudzu is primarily, grown for pasture, hay, and silage. It is palatable to all types of livestock. Kudzu is nearly equal to alfalfa in nutritive value. Leaves, shoots and roots are eaten by some humans. Useful fiber is obtained from stems, and starch is obtained from the tuberous root (roots up to 35 kg each). In China and Japan Ko-fen flour, made from the roots, is used in soups. Said to be cultivated for its tuber in the uplands of New Guinea and New Caledonia. Used for erosion control and soil improvement on banks, slopes and gullies where a permanent planting is desired. It is used as shade, planted around buildings.

Folk Medicine

Chinese reportedly use the plants as a diaphoretic and febrifuge, the root decoction for colds, dysentery and fever. The root starch is official in the Japanese pharmacopoeia. Shoots are used as a lactagogue.

Source: http://www.hort.purdue.edu/newcrop/duke_energy/Pueraria_lobata.html

No.5

Kudzu / *Pueraria Lobata*

From Wikipedia, the free encyclopedia (Redirected from [Pueraria lobata](#))

Kudzu, *Pueraria lobata* (syn. *P. montana*, *P. thunbergiana*), is one of about 20 [species](#) in the genus *Pueraria* in the [pea](#) family [Fabaceae](#), subfamily [Faboideae](#). It is native to southern [Japan](#) and southeast [China](#) in eastern [Asia](#). The name comes from [Japanese](#) *kuzu* (葛), meaning [vine](#). The other species of *Pueraria* occur in southeast Asia, further south.

Medicinal

Studies have shown ([1], [2]) that kudzu can reduce both hangovers and [alcohol](#) cravings. The mechanism for this is not yet established, but it may have to do with both alcohol metabolism and the reward circuits in the brain. Kudzu also contains a number of useful isoflavones, including [daidzein](#) (an [anti-inflammatory](#) and [antimicrobial](#) agent), [daidzin](#) (a [cancer](#) preventive) and [genistein](#) (an [antileukemic](#) agent). Kudzu is a unique source of the [isoflavone](#), [puerarin](#). Kudzu root compounds can affect [neurotransmitters](#) (including [serotonin](#), [GABA](#), and [glutamate](#)) and it has shown value in treating [migraine](#) and [cluster headache](#) [3]. In [traditional Chinese medicine](#), kudzu was used for [tinnitus](#), [vertigo](#), and [Wei syndrome](#) (superficial heat close to the surface).

Source: http://en.wikipedia.org/wiki/Pueraria_lobata

No.6

Complementary and Alternative Healing University

ge gen 葛根

ge hua 葛花



Present Day Applications:	being used in heart and brain diseases due to lack of blood circulation.
現代應用：	用于缺血性心脑血管疾病的治疗。
Pharmaceutical name:	Radix Puerariae
英文藥名：	Flos Puerariae

Botanical name: 學名 :	Pueraria lobata (Willd.) Ohwi ; P. thunbergiana (S. etZ.) Benth. ; P. hirsuta (Thunb.) Schneid. ; P. pseudohirsuta Tang et wang
Other Names: 別名 :	gan gen 乾根 , gan ge gen 乾葛根
Common Name: 英文名 :	kudzu root, pueraria

Source: http://alternativhealing.org/ge_gen.htm

SCIENTIFIC NAME: *Pueraria lobata*



Photo Source: <http://www.ag.auburn.edu/hort/landscape/dbpages/361.html>

Common Name:	Kudzu Root, Pueraria Root
Botanical Name:	Pueraria Lobata Radix
Pin Yin Name:	Ge Gen
Actions:	cardiovascular/coronary restorative, circulatory

Bulk Herbs and Chinese Tea Pill Formulas

All sulphur free, unless noted.

Single herbs are available in 1 pound, and Concentrates are a 5:1 ratio 100grams (3.5ounces) Unless other wise noted. Prices are subject to change without notification .If the herb you are looking for is not listed please call or email, usually we are able to find the herb in 5 days.

[Chinese Reference](#) Chinese Bulk Herbs

Source: http://www.1stchineseherbs.com/kudzu_root_pueraria_root.html
