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Evidence-based effects of the traditional chinese medicine Lingzhi in health care

Lingzhi (also called Reishi) is Ganoderma. Based on the chinese ancient book, Shen-Nong Materia Medica, Lingzhi belongs to the top grade of the traditional chinese medicine (TCM) and shown to have the effects of energizing and revitalizing body cells, and promoting longevity. Lingzhi has been widely used as a dietary supplement and for preventing or curing a wide variety of diseases including cancer in Asian countries for thousands of years. To unravel the incredible effects of Lingzhi for health care and medical use, we aim to prove it by using modern scientific technology. To this purpose, I will use Ganoderma tsugae (GT), one of the major species of Lingzhi cultivated in Taiwan, as an example to demonstrate the three major effects in health care shown in the following: (1) anti-cancer, (2) anti-obesity, and (3) promoting longevity. Our data suggest that the evidence-based effects of Lingzhi is beneficial to human health care that echoes the effects described in Shen-Nong Materia Medica.

Biography

Ming-Ching Kao has completed his PhD at the age of 34 from Louisiana State University, Baton Rouge, USA. Before 2004, he was the chairman/director of Department of Biochemistry, National Defense Medical Center, Taipei, Taiwan. Now he is a Professor of the Department of Biological Science and Technology, China Medical University, Taichung 40402, Taiwan. He has approximately 20-years experience in the study on the Lingzhi effect in health care. He has published more than 89 papers in reputed journals and has been serving as an editorial board member of *Journal of Traditional and Complementary Medicine*. His research interests include anti-cancer traditional medicine and gene therapy.

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