

Ginkgo

Botanical name: *Ginkgo biloba*

Energetics/Actions: Sweet, bitter, neutral, dry, circulatory tonic, antioxidant, cognition enhancing, neuroprotective, vasodilator

Description

Native to China, Ginkgo is one of the oldest trees on earth and the only survivor of an ancient order of plants. Referred to as a “living fossil”, it is resistant to pollution, insects and disease, which makes it a popular tree in cities. Ginkgo has been used in TCM for hundreds of years.



Uses

Circulation: Improves blood flow throughout the body by dilating blood vessels. Useful for circulation problems affecting eyesight. Helpful during recovery from stroke.

Memory loss: Decreases symptoms of dementia.

Dizziness/vertigo: Improves symptoms of dizziness.

Dose

Leaves: Short decoction of 6-12 gm in 1 cup of water for 15-20 minutes twice a day

Tincture: ½ teaspoon 3 times a day

Extract: Total of 120-240 mg a day

Combines well with Gotu Kola to improve memory.

Safety Information

Good safety profile overall. The raw seeds are toxic. Avoid use in people with bleeding disorders and those taking blood thinners. Skin irritation can occur in some cases when harvesting the herb.