



Fo-Ti

Medicinal Properties

Uses & Artisanal Cultivation

by J. Bilbao



Fo-Ti - Medicinal Properties

According to the uses given by Chinese naturopathic masters, Fo-Ti (*Polygonum Multiflorum*) Improves Arteriosclerosis, Fortifies Hair and is a Natural Anti-gray.

Fo-Ti is considered one of the four great herbs of China that it is used alternately with ginseng.



Uses in Alternative Medicine.

It is a nourishing blood tonic, gives light heat and tonic effect to the liver and kidney (MTC). Invigorates the vital essence and blood. Strengthens muscles, tendons, bones. It accelerates the mobility of the intestine (small and large), fortifies the hair and is a natural anti gray hair.

Polygonum multiflorum, synonymous with Fallopia multiflora, is a widely used Chinese herb. It is said to rejuvenate the body. The root contains a considerable amount of lecithin.

The unprocessed root is called white Fo-Ti and the processed root is called red Fo-Ti. According to traditional Chinese medicine, the unprocessed root is used to relax the intestine and cleanse the blood, while the processed root strengthens the blood, kidneys, and liver, and serves as a tonic to increase overall vitality.

The processed root has been shown to lower cholesterol levels. Based on the results of animal studies, it helps reduce fat deposits in the blood and possibly prevents atherosclerosis. In other studies about the Fo-Ti, the effects of this plant on immune function, the formation of red blood cells and its antibacterial effect were investigated.



Botanical Characteristics

The Fo-Ti is a plant native to China, where it is still cultivated. It is also grown extensively in Japan and Taiwan. The raw root is sometimes used for medicinal purposes. However, once boiled in a special broth made from black beans, it is considered a better and quite different medicine, according to traditional Chinese medicine.

The Fo-Ti plant can reach 4/5 meters, it is a climbing/creeping plant, it has a large black or brown tubercle and a very particular shape that resembles a person because of its shapes, its leaves are shaped like heart and uses insects to pollinate its flowers equipped with hermaphroditic reproductive units. The fo-ti is of evergreen . The stems are braided, 2-4 cm long, highly branched, fluted and woody at the base. The petiole is between 1.5/3 cm, the leaves are oval or narrowly oval $3/7 \times 2-5$ cm.



Fo-Ti cultivation

Although the cultivation of fo-ti does well in a wide variety of soils, the best for fo-ti production are light soils with good drainage and rich in organic matter, with a Ph value between 6.5 and 7.5, this crop is very sensitive to salinity both on land and in irrigation water, greatly reducing the quantity and quality of crops in this case.

Land preparation

Approximately 15/20 days before sowing, the land is fertilized with organic natural manure. Once the layer of manure is spread over the land, it will be plowed with a rotavator blade, in this



case the plow will be semi deep 25/30 cm. On the sowing date we will pass the blade rotavator again in order to aerate the soil and leave it spongy to carry out the same.

Planting and tutoring

The planting of fo-ti is done by planting pieces of bulb from the root of, fo-ti (Similar to potato). A distance of 0.50 m is left from blow to blow and two half pieces of bulb are thrown per blow. Once the seed is deposited in the holes, it is covered with approximately 5 cm of soil, the plants will be born within a period of 7 to 20 days depending on the ambient temperature.

When the plants have grown around 10/15 cm, it is convenient to clean the grass that has grown around the plant, while the surrounding soil is a little oxygenated by turning it over with the hoe, (This practice is carried out in small extensions of cultivation, in large extensions this work is done with machines).

After cleaning, we will proceed to enturate the plants, we will nail the stakes vertically next to each group of births so that the plants become entangled in the stakes as they grow.

The cultivation of fo-ti is demanding in terms of irrigation both in



frequency and quantity of water, but it will also depend on how much it rains during the cultivation period. To irrigate the crop properly, some furrows will be created in the middle of the plants with the aim that water circulates through them and the earth absorbs the irrigation water. Two days before sowing, the first irrigation will be carried out so that the soil is soft, sowing the seed will be easier, the second irrigation will be done 2/4 days after the plants are born, when the births are well generalized. During the plant's growth period, irrigation should not be so intensive, depending on how well the land drains and if it has not rained, it will be watered approximately once every 10/12 days. From flowering and after this, the plant's watering needs grow quite a bit, so we will start watering once a week. Great care should be taken that the plants do not have excess water, an unbalanced supply of water decreases the quality of the fo-ti roots.

There are also other more modern and easy irrigation systems when it comes to regulating the amounts of water, but they require a greater investment.

Planting time, cultivation time and yield

The best planting time is at the end of spring, at the beginning of



June, the day of planting is when the moon is growing. The cultivation time is approximately 4 months, the harvest will take place at the end of September or the beginning of October.

The yield is quite similar to that of potatoes, but taking into account that the planting distance between plant and plant is greater, the yield per ha. it is approximately of 3000/5000 Kgs.

How to consume Fo-Ti

If you want to consume Fo-Ti, it is important that it is 100% pure fo-ti root extract, some brands mix fo-ti with other ingredients and mixed products, although they are natural they do not produce the same beneficial effects in the body. When consuming fo-ti root extract, it is advisable to strictly follow the instructions detailed by the manufacturer for its use in the product packaging, you can also consult a naturopathic doctor or professional in the sector to guide us.

Side effects

When consuming Fo-Ti root extract in any of its forms, there are no known side effects when taken in the indicated doses. In any case, it is not recommended to take women in periods of



pregnancy and lactation and to children at an early age.

Important information

Although fo-ti root extract has many medicinal properties to improve people's health; does not replace traditional medical treatments.

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