

<<灵芝从神奇到科学>>

图书基本信息

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### 前言

Lingzhi ( *Ganoderma lucidum* ) is historically a treasured herbal material in China. It is becoming well-known all over the world in recent years. The Chinese traditional medicine's classic, *Shetmong Materia Medica* regards Lingzhi as being of a "supremely exquisite" quality with tonic and longevity effects. Over the years, fables and legends adored Lingzhi with a patina of mystery as a "heavenly herb" that connotes auspiciousness, blissfulness and happiness. Professor Zhi-Bin Lin, a distinguished pharmacologist, has devoted a life-long study on Lingzhi. With his extraordinary insights on the culture, pharmacology, physiology, chemistry and clinical applications associated with Lingzhi, Prof. Lin presents in this book the scientific understanding of the herb's beneficial functions on human immune, nervous, endocrine and cardiovascular systems. Thus, Lingzhi has been applied as an adjuvant treatment for cancer patients, and also a food supplement to improve general health and wellness. *Lingzhi from Mystery to Science* is written based on actual research and clinical findings. Prof. Lin explains the complex theories in commonly understandable language.

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### 内容概要

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插图：In the Flying Dragon, he told a story of his encounter in the misty Mt. Tai with a Taoist monk on a white deer with a Lingzhi in his hand. It was from that man he learned the magical health benefits of Lingzhi. In the Singing Trip era Han Dynasty Yuefu-style poem, a similar story was told. The author met a god-like man with short hair and long ears riding a white deer, and was led to pick Lingzhi. At the legendary man's home, he was shown the tonic made from the health-improving, hair-color darkening, and life-prolonging effects of the reddish herb. The "Lingzhi culture" was greatly influenced by Taoism, the native religion in China. Taoism believes that living is most important and that human beings can be immortal by following the regimen and taking a certain magical herbs. Bao Pu Zi written by Ge Hong presented the theory suggesting that a person could learn to become immortal. It even included stories of such occurrences by taking Lingzhi. The ancient Taoist theory considered Lingzhi as the best among the catholicons, and by consuming Lingzhi, one would never grow old or die. Therefore, Lingzhi acquired the names, such as Shen zhi ( heavenly herb ) and Xiancao ( magic grass ) , and became mystified. In the book of Ten Continents in the World, Lingzhi grew everywhere in the fairy land. Gods fed on it to gain immortality. In the Jin Dynasty, Wang Jia's Picking Up the Lost and in the Tan Dynasty, Dai Fu's The Vast Oddities, 12,000 varieties of Lingzhi were said to be cultivated on acres of land in Mt.

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