

# GINKGO

**Botanical Name:**

*Ginkgo biloba*

**Common Names:**

Maidenhair tree, rokan, sophium, tanakan, tebofortan, tebonin

**Parts used:**

Mainly the Ginkgo leaves are used, sometimes also the seeds.

**Active Components:**

Flavonoid glycosides and terpenoids

**Looks like:**

A Ginkgo tree can reach about 30- 40 metres height and a spread of 9 metres. The trunk can become about 4 metres wide in diameter (in open areas much larger; near temples 50 m with girth 10 m grow) and is straight columnar and sparingly branched.

**Where it's grown:**

Ginkgo is a tree native to China and Japan. It is now also found in the United States and Europe.

**History:**

Ginkgo is the oldest living species of tree on earth, dating back to the Paleozoic period, over 225 million years ago. The medical use of ginkgo leaf is first mentioned in Chinese medicine in the Ming dynasty in 1436. Chinese (later also Japanese) word *Ginkyo* means "silver apricot" (gin=silver, kyo=apricot).

**Use:**

Ginkgo is used to decrease disturbances of cerebral functioning and peripheral vascular insufficiency in persons with Alzheimer's disease or other types of age-related dementia. It is also used as an antioxidant, to improve peripheral artery disease, and to enhance circulation throughout the body. Other uses include the treatment of depressive mood disorders, sexual dysfunction, asthma, glaucoma, menopausal symptoms, multiple sclerosis, headaches, dizziness, arthritis, altitude sickness, and intermittent claudication.

