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A Useful Fungus- cordyceps sinensis by [Alarm Systems](#)

Article published on February 6th 2012 | [Fitness](#)

Cordyceps, often referred to as mushroom is a parasitic fungus. It is being used as a food source for so many years. It is also known with the some other common names as caterpillar fungus (English) ,zhongcao, chongcao (China),and , semitake dong zhong chang cao, and dongchongxiacao(Japan). The main source of this herb is Nepal and the Himalayan highland. Cordyceps sinensis is the herb which is considered among the most impactful and powerful of all the variant of Cordyceps.

Recognition in the masses- though the use of cordyceps sinensis dates back thousands of years in china the first record which is available is from late 1400. It is accepted in Europe somewhere in the year 1700. Since then its use is increasing day by day. But apart from these records there is an incident which occurred two decades before that dragged the attention of the common people towards it. It was the event of 1990 Olympics when Chinese players performed very well. They not only won the competitions but also broke all the previous records by significant margins. They were then suspected of taking the steroids, but it was then revealed by them that it was cordyceps sinensis which helped them maintaining their vitality and energy.

Properties of Cordyceps sinensis: - Cordyceps Sinensis Hyphas Mycelium is very useful fungus. It has its importance in a variety of areas. It is an excellent strengthening tonic for convalescing patients, and patients with reduced appetite. Cordyceps are highly accepted in the cases of weak blood, kidney diseases, and in the problems of the respiratory systems. It is also used to cure cold and flu, back pain and joint pains and infertility. Cordyceps Sinensis Polysaccharide enhances the immune function, cures the malignant tumor, increase amount of leucocytes and reduces the blood sugar etc. the fungus also has a strong antioxidant effect. It is also found that cordyceps sinensis helps in reducing the amount of lipids in the blood reduces recovery time from exhaustion, stimulates blood formation and also prevents the occurrence of atherosclerosis.

Health Benefits Of Cordyceps Sinensis: -

Cancer Care:- its been a few years when it came to know that cordyceps sinensis is very useful in curing the cancers. It prevents the cancer cells from being developed and also heals the cells which are already infected by the cancer.

Heart: - cordyceps is very useful for human heart. It maintains the level of cholesterol and helps the heart function well. It stabilizes the heart beat and maintains the stability of the heart. It ensures the proper blood flow into and out from the heart.

Blood Sugar: -millions of people in the world are affected by the sugar while millions remains undiagnosed. Blood Sugar is another fatal disease which is cured by cordyceps sinensis. Ophiocordyceps sinensis is a species of cordyceps which maintains the sugar levels in the blood.

Respiratory System: - the cordyceps sinensis is a parasitic fungus which is very useful for the blood circulation. Intake of cordyceps sinensis ensures the proper blood circulation in the veins.

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Article Keywords:

Cordyceps, Cordyceps Sinensis

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