

# Immunomodulating Herbs

Common Name	Scientific Name	Part Used
Ashwagandha	<i>Withania somnifera</i> , Solanaceae	Root
Astragalus	<i>Astragalus propinquus</i> , Fabaceae	Root
Codonopsis, or <i>dang shen</i>	<i>Codonopsis pilosula</i> , Campanulaceae	Root
Cordyceps	<i>Ophiocordyceps sinensis</i> , Ophiocordycipitaceae (formerly known as <i>Cordyceps sinensis</i> )	Fungus growing on caterpillars, mycelium (only use cultivated sources; overharvested)
Eleuthero, or Siberian ginseng	<i>Eleutherococcus senticosus</i> , Araliaceae	Root
Ginseng	<i>Panax quinquefolius</i> and <i>P. ginseng</i> , Araliaceae	Root (only use cultivated sources; overharvested)
Holy basil, or tulsi	<i>Ocimum tenuiflorum</i> , Lamiaceae	Aboveground parts
Licorice	<i>Glycyrrhiza uralensis</i> , <i>G. glabra</i> , Fabaceae	Rhizome
Poria, or <i>fu ling</i> , or <i>fu shen</i>	<i>Wolfiporia extensa</i> , Polyporaceae (formerly known as <i>Poria cocos</i> )	Mushroom fruiting body
Privet, or <i>nu zhen zi</i>	<i>Ligustrum lucidum</i> , Oleaceae	Fruit
Reishi, or varnished artist's conk	<i>Ganoderma lucidum</i> , <i>G. tsugae</i> , Ganodermataceae	Mushroom fruiting body
Rhodiola, or roseroot	<i>Rhodiola rosea</i> , Crassulaceae	Root
Shiitake	<i>Lentinula edodes</i> , Marasmiaceae	Mushroom fruiting body
<i>Shilajit</i>	N/A	Tar-like exudate from rocks in mountainous regions in Asia
<i>Wu wei zi</i> , or schisandra	<i>Schisandra chinensis</i> , Schisandraceae	Berries