PERFECT HERBS

Herb Monograph Latin Name: Gastrodia elata

Common Name: Potato Orchids, Tian Ma

Primary Action	Anti-spasmodic
Secondary Actions	Anti-spasmodic, analgesic, nootropic
System Affinities	CNS
Conditions Treated	Headache, dizziness, poor memory
Constituents	Phenolic compounds, glycosides
Tincture Daily Dose	5 mL to 15 mL
Tea Daily Dose	3 g to 9 g
Parts Used	rhizome
Can Be Substituted With	N/A
Pairs Well With	N/A



Disclaimer: This information is provided for educational purposes only.