



Article published on January 21st 2012 | [Fitness](#)

Cordyceps is now a well known fungus which is greatly used for its medicinal importance. Cordyceps species are endoparasitoids which finds their lives mainly from the insects.

Nature has rewarded us with so many things which are very useful as well as important to us. Cordyceps is such a boon which is given to us by nature. Cordyceps are mainly found on the mountain of Tibet China and Japan at a height of 3000 to 5000 meters above sea level. It is found in a variety of species numbering over 680 but the most important and recognized species is cordyceps sinensis.

Though it is in use for a long time yet the first written record on cordyceps and cordyceps sinensis is found is of late fourteen hundreds by Tibetan scientist Dr. Zurkhar Nyamnyi Dorje in his research Man ngag bye ba ring bsrel which means "Instructions on a Myriad of Medicines". A detailed description of its growth and life cycle came in to late fifteen hundred but the time when cordyceps got attraction by the scientists and people was 1726 after a meeting of scientists held in Paris. Since then it has greatly been promoted in Europe.

Medicinal Importance: - Cordyceps are fungus which is of immense medical importance. Though there are no booked records, it is believed that cordyceps are being used in China as natural medicine and beauty products for more than 2000 years. But now the uses are cordyceps sinensis are well known. Cordyceps are now being used to cure a number of fatal diseases.

This mushroom is used to control the cholesterol level in the body; it increases the energy and vitality of our body, strengthens the immune system of our body and helps kidneys function well. Cordyceps sinensis keeps our respiratory system healthy. It is also known for increasing our sexual drives and improves our sexual functioning. Now the researches have revealed the fact that it is very important medicine in the Cancer Care as well. The cordyceps sinensis species of cordyceps is being used for the cancer care and to cure some other equally fatal diseases.

It is not true that cordyceps sinensis is useful in curing the fatal and deadly diseases only. Besides these important uses it is also used as powerful aphrodisiac. It is also used to cure cough, anemia, tuberculosis, impotence, infertility, and night sweat. It is also used to cure some very common problems like back pain, joint pain and head ache.

Thus we can see that the cordyceps sinensis is very useful medicinal fungus functioning in almost all the areas including, cancer care, respiratory system, immune system, kidney, heart, sexual enhancement and many more.

Safety of Cordyceps Sinensis: - As far as the safety of cordyceps sinensis is a concern, one can assure himself that it is 100% safe and have no side effects of using them. It does not harm our body, whatever quantity of it may be taken. Though most of the species of cordyceps are safe, the safety of some species of cordyceps is unknown. Some chemists, for greater profits are using some other ingredients with them and also using several other species of cordyceps. So you need to be a bit more careful while choosing the cordyceps sinensis. Once you are sure that you are using cordyceps sinensis only, you need not to worry about anything else. It is totally safe.

Article Source:

<http://www.articleside.com/fitness-articles/medicinal-importance-cordyceps.htm> - [Article Side](#)

[Alarm Systems](#) - About Author:

a [Cordyceps Sinensis](#) and a [Cordyceps](#), for more information please visit our site-
<http://www.cordycepsinensis1.com>

Article Keywords:

Cordyceps, Cordyceps Sinensis

You can find more [free articles](#) on [Article Side](#). Sign up today and share your knowledge to the community! It is completely FREE!