

Chinesische Pflanzenheilkunde

Ardisia japonica

Primulaceae · Ardisia · Ericales · Magnoliopsida



WIRKUNG

Antioxidative wirkung: ja

Entzündungshemmende eigenschaften: ja

Antimikrobielle wirkung: ja

ANWENDUNG

Japanische kräutermedizin (kampō): ja

Chinesische medizin (tcm): ja

ÜBERLIEFERTE HEILWIRKUNGEN

- Entzündungen
- Husten
- Halsschmerzen

ERKENNUNGSMERKMALE

Blätter: 5-10 cm lang

Frucht: rot, beerenartige Steinfrüchte, 5-8 mm Durchmesser

WUCHS

Strauch oder kleiner Baum

STANDORT

Waldränder, Gebirgsregionen (bis 1.500 m), oft in feuchten Standorten

HERKUNFT

- Japan
- Korea
- China (Südosten)
- Taiwan

VERWENDETE PFLANZENTEILE

- Blätter
- Rinde
- Wurzeln

ERNTZEIT

• Teil: Beere · Monate: [9, 10, 11] · Hinweis: Reife im Herbst (September-November) · Mondphase:

abnehmend

• Teil: Blatt · Monate: [3, 4, 5, 6, 7, 8, 9] · Hinweis: Das ganze Jahr über, aber besonders im Frühling oder Frühherbst · Mondphase: zunehmend

INHALTSSTOFFE

- Polyphenole
- Tannine
- Saponine
- Essentielle Öle

ÄTHERISCHE ÖLE

- (1s,2r,4s,5r,8r,10s,13r,14r,17s,18r,20s)-10-[[[(2s,3r,4s,5s)-5-[[[(2s,3r,4s,5s,6r)-4,5-dihydroxy-6-(hydroxymethyl)-3-[[[(2s,3r,4r,5r,6s)-3,4,5-trihydroxy-6-methyloxan-2-yl]oxy}oxan-2-yl]oxy}-4-hydroxy-3-[[[(2s,3r,4s,5s,6r)-3,4,5-trihydroxy-6-(hydroxymethyl)oxan-2-yl]oxy}oxan-2-yl]oxy}-2-hydroxy-4,5,9,9,13,20-hexamethyl-24-oxahexacyclo[15.5.2.0¹,¹⁸.0⁴,¹⁷.0⁵,¹⁴.0⁸,¹³]tetracosane-20-carbaldehyde
- 4,4,6b,8a,11,12,12b,14b-octamethyl-2,3,4a,5,7,8,9,10,11,12,12a,13,14,14a-tetradecahydro-1h-picen-3-ol
- (3s,4ar,6bs,8ar,11r,12s,12ar,12bs,14ar,14br)-4,4,6b,8a,11,12,12b,14b-octamethyl-2,3,4a,5,7,8,9,10,11,12,12a,13,14,14a-tetradecahydro-1h-picen-3-ol
- (2r,4s,5r,8r,10s,13r,14r,18r,20s)-10-[[[(2s,3r,4s,5s)-5-[[[(2s,3r,4s,5s,6r)-4,5-dihydroxy-6-(hydroxymethyl)-3-[[[(2s,3r,4r,5r,6s)-3,4,5-trihydroxy-6-methyloxan-2-yl]oxy}oxan-2-yl]oxy}-4-hydroxy-3-[[[(2s,3r,4s,5s)-3,4,5-trihydroxy-6-(hydroxymethyl)oxan-2-yl]oxy}oxan-2-yl]oxy}-2-hydroxy-4,5,9,9,13,20-hexamethyl-24-oxahexacyclo[15.5.2.0¹,¹⁸.0⁴,¹⁷.0⁵,¹⁴.0⁸,¹³]tetracosane-20-carbaldehyde
- (2s,3r,4r,5r,6s)-2-[[[(2s,3r,4s,5s,6r)-4,5-dihydroxy-2-[[[(3s,4s,5r,6s)-4-hydroxy-6-[[[(1s,2r,4s,5r,8r,10s,13r,14r,17s,18r,20s)-2-hydroxy-20-(hydroxymethyl)-4,5,9,9,13,20-hexamethyl-24-oxahexacyclo[15.5.2.0¹,¹⁸.0⁴,¹⁷.0⁵,¹⁴.0⁸,¹³]tetracosan-10-yl]oxy}-5-[[[(2s,3r,4s,5s,6r)-3,4,5-trihydroxy-6-(hydroxymethyl)oxan-2-yl]oxy}oxan-3-yl]oxy}-6-(hydroxymethyl)oxan-3-yl]oxy}-6-methyloxane-3,4,5-triol
- (1s,2r,4s,5r,8r,10s,13r,14r,17s,18r,20s)-10-[[[(2s,3r,4s,5s)-5-[[[(2s,3r,4s,5s,6r)-4,5-dihydroxy-6-(hydroxymethyl)-3-[[[(2s,3r,4r,5r,6s)-3,4,5-trihydroxy-6-methyloxan-2-yl]oxy}oxan-2-yl]oxy}-4-hydroxy-3-[[[(2s,3r,4s,5s,6r)-3,4,5-trihydroxy-6-(hydroxymethyl)oxan-2-yl]oxy}oxan-2-yl]oxy}-2-hydroxy-4,5,9,9,13,20-hexamethyl-24-oxahexacyclo[15.5.2.0¹,¹⁸.0⁴,¹⁷.0⁵,¹⁴.0⁸,¹³]tetracosane-20-carboxylic acid
- (1s,2r,4s,5r,8r,10s,13r,14r,17s,18r,20s)-10-[[[(2s,3r,4r,5s)-5-[[[(2s,3r,4s,5s,6r)-4,5-dihydroxy-6-(hydroxymethyl)-3-[[[(2s,3r,4r,5r,6s)-3,4,5-trihydroxy-6-methyloxan-2-yl]oxy}oxan-2-yl]oxy}-3,4-dihydroxyoxan-2-yl]oxy}-2-hydroxy-4,5,9,9,13,20-hexamethyl-24-oxahexacyclo[15.5.2.0¹,¹⁸.0⁴,¹⁷.0⁵,¹⁴.0⁸,¹³]tetracosane-20-carbaldehyde
- (1s,2r,4s,5r,8r,10s,13r,14r,17s,18r,20s)-10-[[[(2s,3r,4r,5s)-5-[[[(2s,3r,4s,5s,6r)-4,5-dihydroxy-6-(hydroxymethyl)-3-[[[(2s,3r,4s,5r)-3,4,5-trihydroxyoxan-2-yl]oxy}oxan-2-yl]oxy}-3,4-dihydroxyoxan-2-yl]oxy}-2-hydroxy-4,5,9,9,13,20-hexamethyl-24-oxahexacyclo[15.5.2.0¹,¹⁸.0⁴,¹⁷.0⁵,¹⁴.0⁸,¹³]tetracosane-20-carbaldehyde
- (1s,4s,5r,8r,10s,13s,14r,17s,18r,20s)-10-[[[(2s,3r,4r,5s)-5-[[[(2s,3r,4s,5s,6r)-4,5-dihydroxy-6-(hydroxymethyl)-3-[[[(2s,3r,4r,5r,6s)-3,4,5-trihydroxy-6-methyloxan-2-yl]oxy}oxan-2-yl]oxy}-3,4-dihydroxyoxan-2-yl]oxy}-4,5,9,9,13,20-hexamethyl-2-oxo-24-oxahexacyclo[15.5.2.0¹,¹⁸.0⁴,¹⁷.0⁵,¹⁴.0⁸,¹³]tetracosane-20-carbaldehyde
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(2s,3r,4r,5r,6r)-2-[[[(2s,3r,4s,5s,6r)-2-[[[(3s,4s,5r,6s)-6-[[[(3s,4ar,6ar,6bs,8r,8as,11s,12as,14ar,14br)-8-hydroxy-8a,11-bis(hydroxymethyl)-4,4,6a,6b,11,14b-hexamethyl-1,2,3,4a,5,6,7,8,9,10,12,12a,14,14a-tetradecahydricen-3-yl]oxy}-4-hydroxy-5-[[[(2s,3r,4s,5s,6r)-3,4,5-trihydroxy-6-(hydroxymethyl)oxan-2-yl]oxy}oxan-3-yl]oxy}-4,5-dihydroxy-6-(hydroxymethyl)oxan-3-yl]oxy}-6-methyloxane-3,4,5-triol

(1s,4s,5r,8r,10s,13r,14r,17s,18r,20s)-10-[[[(2s,3r,4r,5s)-5-[[[(2s,3r,4s,5s,6r)-4,5-dihydroxy-6-(hydroxymethyl)-3-[[[(2s,3r,4r,5r,6s)-3,4,5-trihydroxy-6-methyloxan-2-yl]oxy}oxan-2-yl]oxy}-3,4-dihydroxyoxan-2-yl]oxy}-4,5,9,13,20-hexamethyl-2-oxo-24-oxahexacyclo[15.5.2.0^{1,18}.0^{4,17}.0^{5,14}.0^{8,13}]tetracosane-20-carbaldehyde

(2s,4as,5r,6as,6br,8ar,10s,12ar,12br,14bs)-10-[[[(2s,3r,4s,5s)-5-[[[(2s,3r,4s,5s,6r)-4,5-dihydroxy-6-(hydroxymethyl)-3-[[[(2s,3r,4r,5r,6s)-3,4,5-trihydroxy-6-methyloxan-2-yl]oxy}oxan-2-yl]oxy}-4-hydroxy-3-[[[(2s,3r,4s,5s,6r)-3,4,5-trihydroxy-6-(hydroxymethyl)oxan-2-yl]oxy}oxan-2-yl]oxy}-5-hydroxy-4a-(hydroxymethyl)-2,6a,6b,9,9,12a-hexamethyl-1,3,4,5,6,7,8,8a,10,11,12,12b,13,14b-tetradecahydricene-2-carboxylic acid

(2s,3r,4r,5r,6s)-2-[[[(2s,3r,4s,5s,6r)-2-[[[(3s,4s,5r,6s)-6-[[[(3s,4ar,6ar,6bs,8r,8as,11s,12as,14ar,14br)-8-hydroxy-8a,11-bis(hydroxymethyl)-4,4,6a,6b,11,14b-hexamethyl-1,2,3,4a,5,6,7,8,9,10,12,12a,14,14a-tetradecahydricen-3-yl]oxy}-4-hydroxy-5-[[[(2s,3r,4s,5s,6r)-3,4,5-trihydroxy-6-(hydroxymethyl)oxan-2-yl]oxy}oxan-3-yl]oxy}-4,5-dihydroxy-6-(hydroxymethyl)oxan-3-yl]oxy}-6-methyloxane-3,4,5-triol

(1s,2r,4s,5r,8r,10s,13s,14r,17s,18r,20r)-10-[[[(2s,3r,4s,5s)-5-[[[(2s,3r,4s,5s,6r)-4,5-dihydroxy-6-(hydroxymethyl)-3-[[[(2s,3r,4r,5r,6s)-3,4,5-trihydroxy-6-methyloxan-2-yl]oxy}oxan-2-yl]oxy}-4-hydroxy-3-[[[(2s,3r,4s,5s,6r)-3,4,5-trihydroxy-6-(hydroxymethyl)oxan-2-yl]oxy}oxan-2-yl]oxy}-2-hydroxy-4,5,9,13,20-hexamethyl-24-oxahexacyclo[15.5.2.0^{1,18}.0^{4,17}.0^{5,14}.0^{8,13}]tetracosane-20-carboxylic acid

2-({4,5-dihydroxy-2-[(4-hydroxy-6-[[8-hydroxy-8a,11-bis(hydroxymethyl)-4,4,6a,6b,11,14b-hexamethyl-1,2,3,4a,5,6,7,8,9,10,12,12a,14,14a-tetradecahydricen-3-yl]oxy}-5-[[3,4,5-trihydroxy-6-(hydroxymethyl)oxan-2-yl]oxy}oxan-3-yl]oxy]-6-(hydroxymethyl)oxan-3-yl]oxy}-6-methyloxane-3,4,5-triol

SICHERHEIT UND WECHSELWIRKUNGEN

GIFTIGKEIT

schwach

GEGENANZEIGEN

Schwangerschaft: ja

WECHSELWIRKUNGEN

Zu Wechselwirkungen liegen uns hier keine Angaben vor. Das heißt nicht, dass es keine gibt. Wenn du Medikamente nimmst, frag bitte deine Ärztin oder in der Apotheke nach.

QUELLEN

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