

# Hovenia Dulcis



Growing abundantly atop South Korea's mountainous landscapes at an altitude of 50-800m, Hovenia Dulcis is a hardy raisin tree found well-known for its natural liver protection and liver enhancing benefits. Hovenia Dulcis contains detoxification elements; notably the berries of the tree (which are called "Hovenia" or "Hoganbo") are known to be the most beneficial.

When mature, the Hovenia Dulcis tree grows to a width of 80cm and a height of 10-15m. Every part of the tree has medicinal properties – extracts from the tree bark contain detoxification effects while its leaf helps to reduce lipids in the blood and prevent liver damage; but it was discovered that its fruits offer the most effective health benefits. Sweet-tasting with seeds similar to dates, the berries have a coral-like appearance which earned the berries memorable names like 'Whitehead wood' and "Black Coral".

Traditionally used as an effective herb for centuries to promote better liver function, Hovenia Dulcis has also been listed and documented in major ancient medical literature, such as the Compendium of Materia Medica and Materia Medica of Tang.

According to clinical trials, Hovenia Dulcis (var. Koreana Nakai) from Korea are twice as effective compared to those sourced from other countries.

Stories of Hovenia Dulcis Berry Documented in the Tang Herbal Medica:

Long ago, there lived a house builder in the south. When he was using the wood from the Hovenia Dulcis as a construction material, he accidentally dropped a block of wood into a barrel of alcohol.

After a few days, it was discovered that all the alcohol in the barrel became water. As the legend says, if one's garden has a Hovenia Dulcis tree, all the alcohol in the house will be tasteless and have low alcohol level.

Stories Documented by the Chinese poet and Pharmacologist, Su Shi:

Using water that has been boiled with the fruit or wood from the Hovenia Dulcis, if a few drops are dripped into a cup of alcohol, the alcohol will very clearly become light and tasteless. If one drinks the boiled-herb water before consuming alcohol, one's tolerance for alcohol will be increased 3-4 times the usual limit.



Drinking the boiled water consisting of Hovenia Dulcis can cure the symptoms after alcohol consumption, such as dry mouth or headaches, quickly sobering up the drunken individual. Alcohol can lead to jaundice, cirrhosis, fatty liver, and other liver-associated diseases. By drinking the Hovenia Dulcis-boiled water, beneficial reversal in the effects of alcohol consumption can be seen evidently.

**The Process: From a Berry to a Nutritional Gem**

Using high molecular technology, the purest form of Hovenia Dulcis Berry is extracted to create a highly concentrated supplement known as Hoganbo HD-1.

This technology which consists of separating the low and high molecular weight polymers was employed by Korean scientist, Dr. Luo Tianxiu's in his 10-year research on the health benefits of the Hovenia Dulcis Berry. Through his research, he discovered HD-1, a high molecular weight molecule from Hovenia Dulcis Berry extract with excellent function for protecting the liver. Hoganbo HD-1 was thus named after this molecule.

### **Health Properties Of Japanese Raisin**

We have already briefly mentioned the value in treating liver ( hepatic) issues but there is also some benefits in treating fevers by acting as an antipyretic and also in treating parasite infections. The seeds too are used as a diuretic and also for treating hangovers.



### **Treating Hangovers**

The Japanese Raisin has long been used to treat hangovers and intoxication following heavy bouts of drinking. One study in 1999 established an alcohol lowering effect of the blood in mice. It is reasoned that compounds in the raisin might help with metabolism of alcohol in a more effective manner hence the properties of relieving drunkenness.

The stem bark is used as treatment for rectum issues.

### **Health & Safety Risks**

At the moment there are no known risks associated with consuming the fruit. One study reported in the Pharmacognosy Magazine has examined possible interaction between *H. dulcis* and drugs. To date there have been no drug interactions noted which implies it is currently safe to use with other medication although confirmatory studies have not been conducted in humans or indeed any animals.