

# PAGODA TREE

## Sophora japonica

## Styphnolobium japonicum



*Sophora japonica*, otherwise known as Japanese pagoda tree, is native to eastern China and Japan. Its beautiful white flowers make it a prized ornamental tree all over the world. But, it's not only beautiful, it's also very beneficial to the circulatory system. *Sophora japonica* has a documented history of being used to promote optimal vein health and it's actually one of the fifty fundamental herbs in traditional Chinese medicine.

### **Why is Sophora Japonica Effective?**

Many plants and botanicals contain a range of highly active and beneficial phytonutrient compounds; *Sophora japonica* is no exception. *Sophora japonica* contains two potent flavonoids, troxerutin and oxymatrine, which exhibit strong antioxidant activity and have repeatedly been shown to support circulatory system health.

### **Sophora Japonica and Hemorrhoids**

Hemorrhoids, which are categorized by swollen and uncomfortable blood vessels around the anus, are an unpleasant, but an extremely common concern. Topical creams, ointments, and cushions are common therapies but many people understandably prefer herbal remedies that promote venous health, rather than simply temper unpleasant symptoms.

The beneficial compounds contained within *Sophora japonica* may make it one of the best herbal supplements for hemorrhoids. Troxerutin has vasoprotective properties and is a therapy for hemorrhoids. Oxymatrine is known to help reduce the swelling associated with unhealthy blood vessels.

### **Sophora Japonica and Cardiovascular Health**

Although *Sophora japonica* promotes healthy blood vessels, it also promotes overall cardiovascular system health. It supports normal heartbeat and helps create an environment that's less susceptible to blood clot formation. Preliminary animal models suggest that oxymatrine may even protect the heart and improve its functionality.

### **Supplementing with Sophora Japonica**

Whether you suffer from hemorrhoids or are simply looking for a natural botanical that naturally supports your circulatory system, *Sophora japonica* may be an herb for you to consider adding to your

supplement regimen. Although you should always consult with your trusted health care advisor before beginning new therapies, the evidence for *Sophora japonica* is largely positive and it's not associated with negative side effects. It's a component of many circulatory system support formulas that contain other healthful herbs like butcher's broom and gotu kola.



*Sophora japonica* Extract is extracted from dried flower buds of the legume *Sophora japonica* L., and the main active ingredient is rutin. *Sophora* extract has the functions of anti-oxidation, inhibition of cancer cells and protection of nerve cells.

*Sophora japonica* is a commonly used Chinese medicine. It is a dried flower bud of the leguminous plant *Huai*, tastes bitter and slightly cold, and has the effects of cooling blood to stop bleeding, clearing liver and reducing fire. In recent years, domestic and foreign medical workers have researched its role and found that its active ingredients are anti-cancer and anti-cancer, anti-platelet aggregation, analgesia, antibacterial, antiviral, anti-aging, anti-inflammatory, anti-allergy, anti-free radical and anti-oxidation A variety of activities, such as improving myocardial circulation, clearing heat and detoxifying, lowering blood lipids, softening blood vessels, anti-inflammatory and nourishing kidney, etc., have non-toxic, harmless, non-lethal, carcinogenic, teratogenic, and mutagenic effects.

