

Reishi Mushroom – Spirit Tonic, Immune Modulator & Heart Protector

Botanical Profile

- Latin Name: *Ganoderma lucidum*
- Alternative Names: Ling Zhi, Mushroom of Immortality
- Fungal Family: Ganodermataceae
- Parts Used: Fruiting body (dried or extracted)
- Origin: Native to China, Japan, and other parts of East Asia

Reishi is one of the most revered tonic mushrooms in Eastern medicine, treasured for its deep-acting effects on the immune, nervous, and cardiovascular systems. Known as the ‘Mushroom of Immortality,’ it is both a longevity ally and a heart-mind harmoniser. At Peridotflow Wellness Centre, Reishi is honoured as a spiritual tonic—an adaptogen that restores balance, soothes the spirit, and uplifts the heart with quiet strength.

Strengthens and Regulates the Immune System

Reishi helps modulate immune response—enhancing defence against infection while calming autoimmune reactivity. It increases white blood cell activity, promotes natural killer cell function, and balances Th1/Th2 immunity. Ideal for those with chronic infections, low immunity, or immune system imbalances.

Supports Deep Rest and Calms the Nervous System

Reishi gently calms the mind, eases nervous tension, and helps promote restful sleep without sedation. It is especially beneficial for those with insomnia rooted in emotional stress, anxiety, or spiritual unrest. Over time, it nourishes Shen—the spirit in Traditional Chinese Medicine—creating a sense of inner peace and clarity.

Lowers Stress and Builds Adaptogenic Resilience

Reishi enhances the body's ability to adapt to physical, emotional, and environmental stressors. It regulates cortisol, supports adrenal function, and helps stabilise energy levels. Perfect for those experiencing burnout, overwhelm, or long recovery after illness.

Protects the Heart and Balances Blood Pressure

Rich in triterpenoids, Reishi helps regulate blood pressure, improve circulation, and reduce LDL cholesterol. It strengthens cardiovascular health while supporting emotional heart wellness—easing grief, fear, and emotional constriction.

Supports Detoxification and Liver Function

Reishi supports liver detox pathways and promotes antioxidant activity throughout the body. Its use is indicated in detox protocols, long-term medication use, or when the liver needs gentle restoration.

Folklore & History

In Traditional Chinese Medicine, Reishi (Ling Zhi) has been revered for over 2,000 years as a supreme Shen tonic—one that nourishes the heart, calms the spirit, and extends life. Historically reserved for royalty and sages, it was associated with spiritual power, longevity, and transformation. Its image appears in ancient Chinese paintings, scrolls, and temples.

Traditional Usage

Used as a decoction, tincture, or dual extract. Traditionally consumed to enhance meditation, reduce fatigue, strengthen the body, and calm the mind. Often combined with other Shen tonics or adaptogens like Schisandra and Eleuthero.

Herbal Actions

Adaptogen, Immunomodulator, Nervine, Anti-inflammatory, Hepatoprotective, Cardioprotective, Antioxidant

Energetics & Tissue States

Temperature: Neutral to Slightly Warming

Moisture: Drying to Neutral

Tissue States: Tense, Deficient, Excited, Depleted

Active Compounds

- Beta-glucans – immune modulation
- Triterpenoids – anti-inflammatory, liver support
- Ganoderic acids – antioxidant, adaptogenic
- Polysaccharides – immunological activity

Dosage & Preparation

- Tincture (dual extract): 2–4 ml daily
- Decoction: 2–3 tsp sliced mushroom, simmer 30–60 min, drink 1–2x/day
- Powder: 1/2–1 tsp in warm water or cacao blends
- Best taken long-term for cumulative benefits

Safety & Contraindications

- Very safe when used as directed
- May thin blood—caution with anticoagulant medications
- May be too drying for very deficient constitutions without balancing herbs

Herbal Pairings

- Ashwagandha – for nervous system and adrenal support
- Schisandra – for Shen and liver synergy
- Rehmannia – to moisten and nourish yin
- Hawthorn – for heart harmony
- Holy Basil – for spiritual upliftment and calm focus

Peridotflow Perspective

Reishi is a master of integration. She grounds the body, calms the mind, and uplifts the soul. Her medicine whispers of trust, surrender, and inner light. At Peridotflow, we call on Reishi when spirit and body both need refuge—when protection, clarity, and quiet strength are the healing path forward.