**Rehmannia Glutinosa Extract Function:**
Rehmannia is a very commonly used herb in traditional Chinese medicine. Known as or Di-huang, (earth yellow), prepared rehmannia is used for loss of blood, yin deficiency, lower back pain with kidney deficiency from overwork, lumbago, cough, hectic fever, diabetes, urinary incontinence, deafness, uterine bleeding, and for regulating menstrual flow. Rehmannia has astringent properties that make it useful in stopping bleeding. It helps to protect and support the liver and adrenal glands.
Rehmannia looks promising in treating aplastic anemia, mitigating side-effects of chemotherapeutic agents and HIV medications, curing obdurate eczema, relieving pain from lung or bone cancer or disc protrusion, and helping ameliorate lupus nephritis and type 2 diabetes with hyperlipidemia.
Rehmannia polysaccharide can promote the proliferation of the bone marrow hematopoietic stem cell, stimulate its hematopoiesis function and has certain protective and promote recovery functions to radiation injury. Obviously rehmannia polysaccharide b has obvious immune regulation activity, can make liver cancer cell gene expression P53 significantly increased, so as to the rehmannia polysaccharide ,found the basis of its antitumor mechanism from gene level. Rehmannia extract has obvious anti-hypertensie, it has stabilization for the blood pressure under the circumstance of cold. Thus display the rehmannia has two-way adjusting effects on blood pressure. In addition, rehmannia oligosaccharides not only can adjust experimental diabetes disorder, can adjust the sitution physiological hyperglycemia. rehmannia extract also was found to suppress the gastric acid secretion and fight ulcer, has calming effect etc.
Rehmannia is a perennial herb with reddish-violet flowers native to China, Japan and Korea. Its common name is Chinese Foxglove. Rehmannia's root is used medicinally in Oriental medicine to replenish vitality, to strengthen the liver, kidney and heart, and for treatment of a variety of ailments like diabetes, constipation, anemia, urinary tract problems, dizziness, and regulation of menstrual flow. Rehmannia contains Vitamins A, B, C, D, amino acids, cerebroside, dammelittoside, melittoside, rehmaglitin, and other substances that have antiinflammatory and antifungal properties.

**Action:**
- Rehmannia Extract was Blood tonic and diuretic.
- Rehmannia Extract can Relieves fatigue and helps with anemia and promotes healing of injured bonesa.
- Rehmannia Extract can reduce blood pressure and lowers glucose levels and cholesterol.
- Rehmannia Extract is useful for hypoglycemia and diabetes.
- Rehmannia Extract can regulates menstrual flow and helps with urinary tract problems.

**Functions:**
- Enhance immunity
- Preview aging.
- hematopoietic
- To improve the quality of sleep.
- antitumor
- Treatment menstruation to be not moved, uterine bleeding, dizziness, early white hair. High blood pressure.

**Uses and Benefits:**
Rehmannia is the most important Chinese herb for disorders of the kidneys and adrenal glands. Rehmannia also appears to combat adrenal suppression caused by steroid hormones and has a similar
tonic effect on the adrenal cortex as licorice. A feature of rehmannia is that it is in a small group of herbs that are used to autoimmune diseases such as lupus, rheumatoid arthritis, fibromyalgia and multiple sclerosis. Used to combat the symptoms and progression of these illnesses, anti-inflammatory herbs used include rehmannia, shemidesmus and bupleurum. Rehmannia also hinders the breakdown of cortisone products in the body, which lengthens this drug's effect. In one study, patients with rheumatoid arthritis were treated with rehmannia and experienced good results, including a reduction of joint pain, swelling, and increased joint movement. Rehmannia also improved the general symptoms of asthma and urticaria. Mild oedema developed in a small percentage of patients which is a similar reaction to that induced by adrenocortical hormones.

In traditional Chinese medicine (TCM) the unprocessed rehmannia root is used to reduce heat in the blood, to nourish yin and promote the production of body fluid. Indications for TCM use include febrile diseases, skin eruptions and nosebleeds. In Western herbal medicine, rehmannia is looked upon as an adrenal tonic; and is believed to support the cells of the adrenal cortex and pituitary during times of prolonged stress. Oral doses (10-500 mg/kg) of rehmannia fluid extract had an immune modulating effect in an experimental model. Rehmannia could therefore be helpful in addressing autoimmune conditions of the adrenals and thyroid. Unlike liquorice (also an adrenal tonic), rehmannia is suitable for use in patients with hypertension (high blood pressure).

Rehmannia’s main active principles are iridoid glycosides. Catalpol was the first of these isolated from rehmannia, and it appears its main function is to stimulate production of adrenal cortical hormones. These hormones are anti-inflammatory and explain the use of rehmannia in treating asthma, skin diseases, and arthritis. Catapol is also used to increase the production of sex hormones and in TCM; Rehmannia is prescribed to treat menopause, impotence, hair loss (alopecia) and other hormone deficiencies.

**Side Effects:**
Rehmannia is not suitable for pregnant or breastfeeding women. This herb may cause loose bowel movements in some people and may cause bloating. In some rare instances nausea and abdominal pain may be experienced when using this herb.