

The Applications and Research Advancement of Four Medicinal Mushrooms Commonly Used in Traditional Chinese Medicine

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Cordyceps sinensis (Berk.) Sacc., *Polyporus umbellatus* (Pers.) Fr., *Poria cocos* (Schw.) Wall., and *Calvatia lilacina* (Berk. et Mont.) Lloyd are four commonly used medicinal mushrooms in traditional Chinese medicine (TCM), which have been widely used in the treatment of various diseases for more than 2000 years. The authors

describes the applications in Chinese medicine and their modern research advances, including the chemical components and pharmacological effects, of these medicinal mushrooms. This knowledge should be valuable toward their further study and development.