



**Luo Han Guo 羅漢果**  
**(Arhat Fruit, Momordica Fruit)**

Luo Han Guo is the fruit of Grosvenor Momordica.

**Main ingredients**

Siomenoside I, neomogroside, and other terpene glycosides, collectively called mogrosides, have been isolated from *S. grosvenori*. The sweetness of this plant has been attributed to the mogrosides V and VI, in addition to glucose and fructose. Mogroside V (esgroside) is the most abundant. Concentrations of mogroside V vary in the range of 0.81% to 1.29% w/w, depending on the anatomical part of the fruit

**Properties**

Taste: Sweet; Nature: Cool

**Channels entered** Lung and Spleen

**Functions and indications** Suppresses coughing and reduces sputum; Induces bowel movements; Clears lungs and lubricates intestines

**Common dosage** 10-16g

**Precautions and contraindications** -

**Remarks** In ancient China, Lo han kuo was the tributes to the emperors. In addition, Lo han kuo is known as longevity fruit and fairy fruit in ordinary people.

**Toxicity** -

**Modern Research**

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**Indication** Whooping cough, cough with sputum fire and constipation due to dry blood.

