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*Platycladus orientalis*

[Synonyms : *Biota orientalis*, *Platycladus stricta*, *Thuja chengii*, *Thuja orientalis*, *Thuja orientalis* var. *argyi*, *Thuja orientalis* var. *aurea*]

**CHINESE ARBOR VITAE** is an evergreen shrub or tree. Native to northern and western China and to Korea, it has tiny flowers and scale-like leaves that usually turn bronze in Winter.

It is also known as Biota, Chinese thuja, *Morgenländischer Lebensbaum* (German), Oriental arbor-vitae, *Orientalischer Lebensbaum* (German), Oriental thuja, *Túje východní* (Czech), *Tujovec východný* (Slovak), *Zeravec východní* (Czech), *Zeravec východný* (Slovak), and *Zerav východní* (Czech).

Warning – Chinese arbor vitae should only be taken under the supervision of a qualified practitioner.

*Orientalis* means ‘of or from the East’.

Authorities believe that Chinese arbor vitae was introduced to Europe from eastern Asia in the 12<sup>th</sup> or 13<sup>th</sup> Centuries.

Medicinally, leaves and seeds have been used in Chinese medicine.