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Traditional Chinese medicine — *Poria cocos sclerotium*

Médecine traditionnelle chinoise — Poria cocos sclerotium

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Foreword

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The procedures used to develop this document and those intended for its further maintenance are described in the ISO/IEC Directives, Part 1. In particular, the different approval criteria needed for the different types of ISO document should be noted. This document was drafted in accordance with the editorial rules of the ISO/IEC Directives, Part 2 (see www.iso.org/directives).

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For an explanation of the voluntary nature of standards, the meaning of ISO specific terms and expressions related to conformity assessment, as well as information about ISO's adherence to the World Trade Organization (WTO) principles in the Technical Barriers to Trade (TBT), see www.iso.org/iso/foreword.html.

This document was prepared by Technical Committee ISO/TC 249, *Traditional Chinese medicine*.

Any feedback or questions on this document should be directed to the user's national standards body. A complete listing of these bodies can be found at www.iso.org/members.html.

Introduction

Poria cocos sclerotium is the dried sclerotium of the fungus *Poria cocos* (Schw.) Wolf (Polyporaceae). It is a medicinal herb which has been widely used as functional food and crude drug to promote urination to drain dampness, fortify the spleen and calm the heart in Asian countries for thousands of years.

The products of *Poria cocos* sclerotium are sold all over the world. There are at least 23 countries and regions using *Poria cocos* sclerotium and its products. Major users include China, Japan, the Republic of Korea, Viet Nam, Malaysia and Singapore. Factors including producing areas, processing, packaging and storage conditions ~~also~~ affect the quality of *Poria cocos* sclerotium. The quality of *Poria cocos* in the market can be unstable.

Poria cocos sclerotium is recorded in the Pharmacopoeia of the People's Republic of China^{[1],[4]}, the European Pharmacopoeia^{[5],[9]}, the Japanese Pharmacopoeia^{[2],[3]} and the Korean Pharmacopoeia^{[4],[4]}. However, the requirements and test methods of *Poria cocos* in these national and regional standards are varied and can cause barriers to international trade. In addition, due to its great demand in the global market, trade in *Poria cocos* sclerotium can be complicated by adulteration and substitution issues. The establishment of an International Standard for *Poria cocos* sclerotium is therefore necessary to ensure quality consistency, support clinical safety and effectiveness and promote international trade.

As national implementation can differ, national standards bodies are invited to modify the values given in 5.6.6 and 5.7.5.7 in their national standards. Examples of national and regional values are given in Annex C ~~Annex C~~.

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Traditional Chinese medicine — *Poria cocos* sclerotium

1 Scope

This document specifies the quality, safety requirements and test methods for *Poria cocos* sclerotium that is derived from the fungus *Poria cocos* (Schw.) Wolf.

It is applicable to *Poria cocos* sclerotium sold and used as natural medicines in international trade, including Chinese materia medica (whole medicinal materials) and decoction pieces.

2 Normative references

The following documents are referred to in the text in such a way that some or all of their content constitutes requirements of this document. For dated references, only the edition cited applies. For undated references, the latest edition of the referenced document (including any amendments) applies.

ISO 18664, *Traditional Chinese Medicine — Determination of heavy metals in herbal medicines used in Traditional Chinese Medicine*

ISO/TS 21310, *Traditional Chinese medicine — Microscopic examination of medicinal herbs*

ISO 21371, *Traditional Chinese medicine — Labelling requirements of products intended for oral or topical use*

ISO 22217, *Traditional Chinese medicine — Storage requirements for raw materials and decoction pieces*

ISO 22258, *Traditional Chinese medicine — Determination of pesticide residues in natural products by gas chromatography*

ISO 22590, *Traditional Chinese medicine — Determination of sulfur dioxide in natural products by titration*

ISO 23723, *Traditional Chinese medicine — General requirements for herbal raw material and materia medica*

3 Terms and definitions

For the purposes of this document, the following terms and definitions apply.

ISO and IEC maintain terminology databases for use in standardization at the following addresses:

- ISO Online browsing platform: available at <https://www.iso.org/obp>
- IEC Electropedia: available at <https://www.electropedia.org/>

3.1

***Poria cocos* sclerotium**

dried sclerotium of the fungus *Poria cocos* (Schw.) Wolf (Polyporaceae) (syn. *Wolfiporia cocos* (F.A. Wolf) Ryvarden & Gilb.; *Wolfiporia extensa* (Peck) Ginns)

3.2

whole poria

whole dried *Poria cocos sclerotium* (3.1(3.4)) with skin (3.5(3.5))

3.3

cubic poria

peeled *Poria cocos sclerotium* (3.1(3.4)) without skin (3.5(3.5)) cut in cubic pieces, variable in size

3.4

sliced poria

peeled *Poria cocos sclerotium* (3.1(3.4)) without skin (3.5(3.5)) cut in irregular thick slices, varying in thickness

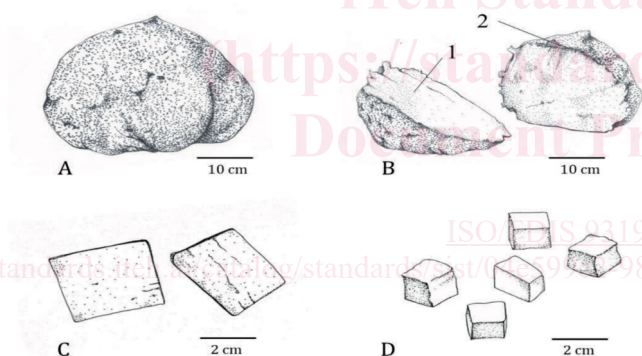
3.5

skin

outer layer of the whole poria (3.2(3.2))

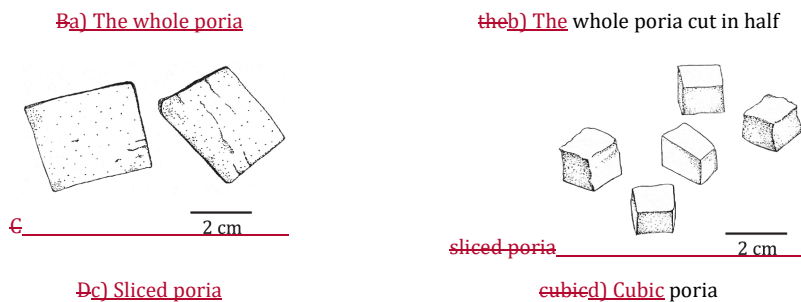
4 Descriptions

Poria cocos sclerotium is the dried sclerotium of the fungus *Poria cocos* (Schw.) Wolf (Polyporaceae) and has different trade forms, including whole poria, cubic poria, sliced poria and powdered poria, as shown in Figure 1.



Key



**Key**

- 1 inner part
- 2 skin

Figure 1 — Structure of *Poria cocos* sclerotium

5 Quality and safety requirements and recommendations

5.1 General characteristics

The following requirements shall be met before sampling:

- a) ~~a)~~ *Poria cocos* sclerotium shall be clean and free from foreign matter.
- b) ~~b)~~ The presence of living insects, mould and external contaminants which are visible to the naked eye shall not be permitted.

5.2 Morphological features

5.2.1 Whole poria

Whole poria is subglobose, ellipsoid, oblate or irregular-shaped and variable in size. The skin is thin and rough, brown to blackish-brown, conspicuously shrivelled and striated. The texture is hard and compact, the fracture granular, sometimes cracked, the outer layer pale brown, the inner part white or occasionally reddish, with some showing the penetrating roots of pine in the centre. The odour is slight, the taste weak and it is sticky when chewed.

5.2.2 Cubic poria

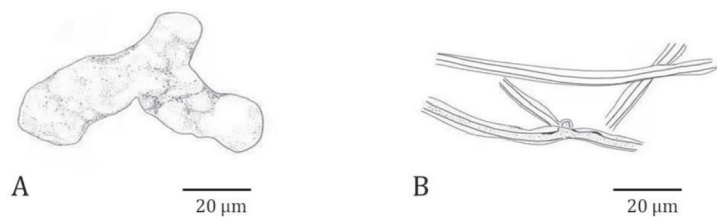
Cubic poria are cubic pieces or cubic thick slices, variable in size. The colour is white, pale red or pale brown. The odour is slight, the taste weak and they are sticky when chewed.

5.2.3 Sliced poria

Sliced poria are irregular thick slices, variable in thickness. The colour is white, pale red or pale brown. The odour is slight, the taste weak and they are sticky when chewed.

5.3 Microscopic identification

The powdered *Poria cocos* sclerotium is whitish with a pale brown hue. Examined under a microscope using chloral hydrate solution, the powder shows an irregularly shaped and occasionally granular and branched colourless mass, which dissolves gradually in chloral hydrate solution. The hyphae are colourless or pale brown, slender, slightly curved, branched and 3 µm to 8 µm (occasionally up to 16 µm) in diameter, as shown in [Figure 2](#).



Key

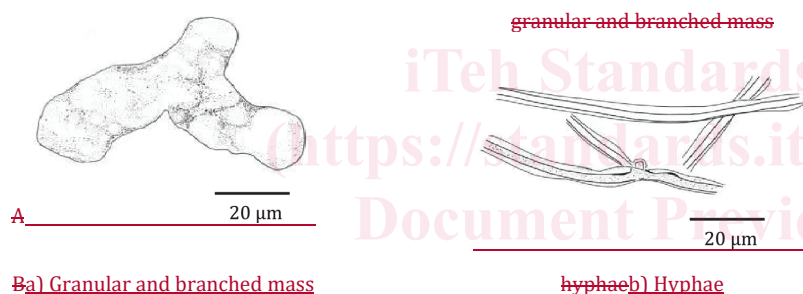


Figure 2 — Structure of granular and branched mass and hyphae

5.4 Thin-layer chromatography (TLC)

The main spots in the chromatogram obtained with the test solution correspond in position and colour to the spots obtained with the reference solutions.

5.5 Chemical colour reaction

When one drop of iodinated potassium iodide solution is added to a small piece or powder of sample, a deep red colour shall be produced.

5.6 Moisture

The moisture should not be more than a mass fraction of 15,0 %.