

[Open Peer Review on Qeios](#)

Mai Dong

National Cancer Institute

Source

National Cancer Institute. *Mai Dong*. NCI Thesaurus. Code C129584.

The root of the perennial herbaceous plant *Ophiopogon* belonging to the Liliaceae family. Mai Dong is believed to tonify yin. This traditional Chinese medicine (TCM) may replenish fluids, moisten the intestines and thereby help relieve constipation. It may also have antipyretic and antitussive effects; it may be used as an expectorant and may moisten the lungs, throat and nose.