

Ready to start planning your care? Call us at [800-525-2225](tel:800-525-2225) to make an appointment.

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Memorial Sloan Kettering  
Cancer Center

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## What is it?

*Ligustrum lucidum* has not been shown to treat cancer in humans.

*Ligustrum lucidum* is a Chinese medicinal herb used to treat poor vision, dizziness, fever, and insomnia, and to increase immune function in cancer patients. In vitro studies suggest it has antioxidant, antitumor, and immune function effects. A few animal studies suggest properties that may have benefits on bone and vision.

Data in humans are quite limited. In a small study of non-small cell lung cancer patients undergoing chemotherapy, a formula containing [reishi mushroom](#) and *Ligustrum* was found to help maintain quality of life <sup>(22)</sup>. Additional studies to confirm efficacy and safety are needed.

## What are the potential uses and benefits?

- Cancer treatment

In vitro studies suggest *L. lucidum* has anticancer properties, but clinical evidence is lacking.

- Immunostimulation

Data from lab studies suggest *L. lucidum* may change immune response.

- To improve eyesight

*L. lucidum* is used in Chinese medicine to treat poor eyesight, but clinical evidence is lacking.

- To treat dizziness

*L. lucidum* is used in Chinese medicine to treat dizziness, but clinical evidence is lacking.

- Fever

This use is not backed by scientific evidence.

- Insomnia

There are no data to support this use.

## What else do I need to know?

Do Not Take if:

You have hypersensitivity to *Ligustrum lucidum*.

If you have any questions, contact a member of your care team directly. If you're a patient at MSK and you need to reach a provider after 5 p.m., during the weekend, or on a holiday, call 212-639-2000.

For more resources, visit [www.mskcc.org/pe](http://www.mskcc.org/pe) to search our virtual library.

Ligustrum lucidum - Last updated on January 6, 2022

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