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## Medicinal Uses, Benefits & Treatment

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*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 questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, 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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