

GLOSSY PRIVET

(Ligustrum lucidum)

Clinical Summary

Actions

- Hepatoprotective
- Antiviral
- Anticancer
- Antioxidant
- Immunomodulating
- Chemotherapeutic
- Chemopreventive
- Antiosteoporosis
- Hypolipidaemic
- Hypoglycaemic

Indications

- Improving immune function, reducing side effects of chemotherapy, cancer prevention, Parkinson's disease
- Osteoporosis, menopause
- Hepatic disease, invigorating the liver and kidney
- Hypertension
- Diabetes
- Rheumatism
- Vertigo
- Common cold, congestion, respiratory tract infections
- Constipation
- Chronic fatigue syndrome, debility
- Weak or blurred vision, spots before the eyes, macular degeneration
- Tinnitus
- Premature greying of hair

Traditional Use

Glossy privet has been used in traditional Chinese medicine for over 1000 years. It is used mainly to treat menopausal problems, blurred vision, tinnitus, rheumatic pains, palpitations, backache and insomnia, as well as to alleviate age-related symptoms. It has long been used for the treatment of osteoporosis in China.

Energetics

Bitter, Sweet, Cooling.

Constituents

Oleanolic acids are the major pharmacologically active components. Also present are triterpenes, secoiridoid glucosides, volatile components, flavonoids and phenolic compounds.

Use in Pregnancy

Information regarding safety and efficacy in pregnancy is lacking.

Contraindications and Cautions

None known.

Drug Interactions

None known.

Administration and Dosage

Liquid extract 1:1 in 45% alcohol
15 to 80mL weekly