

SCHIZANDRA

(*Schisandra chinensis*)

Clinical Summary

Actions

- Antioxidant
- Anticancer
- Anti-inflammatory
- Adaptogen
- Immune Modulating
- Hepatoprotective
- Antitussive
- Astringent
- Nervine
- Sedative

Indications

- Mental and physical stress
- Oxidative stress, inflammatory disorders
- Liver toxicity, hepatitis and compromised liver function
- Hypercholesterolaemia
- Lowered immunity and cancer
- Memory impairment, Alzheimer's disease
- Insomnia
- Gastrointestinal disorders including ulcers and gastritis

Traditional Use

Schizandra has been used and revered in traditional Chinese medicine for centuries. The ancient Chinese classified the herb in many ways - as a stimulant, tonic, antiseptic, relaxant and astringent. Schizandra has traditionally been used to treat a wide range of different ailments including coughs, fatigue, impotence, memory loss and nervous complaints. It has perhaps been most acclaimed for promoting longevity and increasing physical and mental stamina.

Energetics

Warming.

Constituents

Dibenzocyclooctadiene lignans (angeloylgomisin, schizandrins, tigloylgomisin, benzoylgomisin, fargesin, eudesmin and gomisin), schisandrols, triterpenic acids & lactones, geranylgeranoic acid, citric acids and volatile oil. Vitamin C & E, iron, copper, manganese, zinc, magnesium, potassium, and phosphorus.

Use in Pregnancy

Use in pregnancy is best avoided, though it is often used in late pregnancy to facilitate labour.

Contraindications and Cautions

None known.

Drug Interactions

Avoid with sirolimus (selective immune-suppressing drug) and tacrolimus (immunosuppressive drug). Caution with benzodiazepines (e.g. midazolam), phenobarbital and warfarin.

Administration and Dosage

Liquid extract 1:2 in 45% alcohol
25 to 60mL weekly