

## Nu Zhen Zi (Fructus Ligustri Lucidi)

(T: 女貞子 /S: 女贞子)

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### Abstract

#### Background and Use of Herb in TCM:

*Nu Zhen Zi* (Fructus Ligustri Lucidi), a common herb used in Traditional Chinese Medicine (TCM) to treat liver and kidney deficiency which manifestations include: dizziness, tinnitus, premature graying of hair, constipation; menopausal symptoms such as: thirst, night sweat, hot flashes and irritability.

#### Objectives:

To evaluate the safety and effectiveness of *Nu Zhen Zi* (Fructus Ligustri Lucidi) for therapeutic use.

#### Data Collection:

Primary Studies	0
Reviews	3

#### Main Results:

In reviewing research documented on *Nu Zhen Zi*, we found 12 notable interactions. Two researches found *Nu Zhen Zi* produced higher therapeutic efficiency in both a study of lupus nephritis and adult primary nephritic syndrome. In two studies done on the use of a Chinese herbal prescription containing *Nu Zhen Zi* in combination with chemotherapy, found significantly reduced side-effects of cancer treatment. Some reviews found that *Nu Zhen Zi* was acidic which may neutralize, decrease antibiotic effect, destroy or even change the chemical structure certain medications.