



Wolfberry

Other names : Chinese wolfberry, Chinese boxthorn

Description : The wolfberry is a deciduous woody perennial plant, growing up to 1 m high. The thorny stem bear green lance shaped leaves. Wolfberry blooms with small purple flowers. The ripe wolfberry fruits turn orange red, have an oblong shape and are about 10 mm long.

Parts used : Mainly the wolfberry fruits are harvested and eaten raw or dried. Young wolfberry shoots and leaves are also grown commercially and eaten as leaf vegetable.

Phytochemicals : Polysaccharides (LBP), Betaine, Zeaxanthin, Physalien, Cyptoxanthin, Sesquiterpenoids, Triterpenes, Beta-Sitosterol

Used for :

For deficiency of the kidney and vital essence with symptoms of lassitude of the loins and legs and seminal emission, wolfberry can be used together with siberian solo-minseal rhizome.

For deficiency of both the liver-yin and kidney- yin marked by dizziness and blurred vision, it is often used with chrysanthemum flower, prepared rehmannia root, dogwood fruit and chinese yam, as in Rehmannia Bolus of Six Herbs Plus Wolf-berry and Chrysan-themum (Qi Ju DihuangWan).

For yin deficiency with phthisical cough, it can be given with lily bulb, anemarrhena rhizome and fritillary tuber. Besides, steam-cooked and eaten after chewing, it can be used to treat diabetes.

Dosage and administration: 5- 10g, decocted in water for an oral dose

The fruits of wolfberry possess warm Yang energy and sweet flavor. They enter in the energy meridians of lungs, liver, heart and kidneys. According to Chinese medicine and nutrition, the wolfberry is a blood and energy tonic and treats the following diseases and conditions:



Energy and blood deficiency

Poor vision and eye diseases
fatigue, weakness
headache
high blood pressure
diabetes
high blood cholesterol
tinnitus
neurasthenia
chronic hepatitis
beri beri
anemia
insomnia
weak immune system
kidney insufficiency
impotence, sexual weakness
frigidity, sterility
spermatorrhea
osteoporosis
arteriosclerosis
pain in the waist and knees
cancer
premature aging



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