



**Gou Qi Zi 枸杞子**  
**(Wolfberry fruit, Thorny Stalk Seed, Matrimony Vine Fruit, Fructus Lycii)**

Gou Qi Zi is the fruit of *Lycium barbarum* L. or *L. Chinense* Mill., family Solanaceae.

**Main ingredients**

Gou Qi Zi Contains betaine, carotene, thiamine, riboflavin, nicotinic acid, ascorbic acid,  $\beta$ -sitosterol, linoleic acid, physaligenin, atropine and scopoletin.

**Properties**

Taste: Sweet; Nature: neutral

**Channels entered** Liver, Kidney and Lung.

**Functions and indications** Enriches the Kidneys and supplements the Liver, brightens the eyes, moistens the Lungs. It is indicated for limpness and aching in the lumbar region and knees due to Yin deficiency of the Liver and Kidneys, dizziness, blurred vision, consumption cough, wasting and thirsting, and seminal emission.

**Common dosage** 5-10g

**Precautions and contraindications** Gou Qi Zi is contraindicated in cases of full-heat due to external pathogenic factors, dampness due to Spleen deficiency, and diarrhea.

**Remarks** Gou Qi Zi is an important herb for enriching the Kidneys and supplementing the Liver since it can moderately supplement Yin and Yang of the Liver and Kidneys. It is used for disorders due to Essence depletion, deficiency and overwork.

**Toxicity** Gou Qi Zi has a very low level of toxicity. The LD for subcutaneous injection in mice of aqueous extracts of the herb is 8.32g/kg.

**Modern Research**

1. Strengthens the immune function and inhibits carcinoma.
2. Increases the testosterone level to strengthen the body and slow the ageing process.
3. Lowers blood pressure, reduces the level of blood lipids, lowers the blood sugar level and



stimulates respiration.

4. Decoctions of Gou Qi Zi strengthen uterine contractions.

**Notes** Gou Qi Zi can be decocted with juhua to nourish the liver and sharpen vision. This combination is considered very beneficial for people suffering from dizziness and blurred vision.