

Ziziphus zizyphus, Z. Jujuba ZIZYPHUS



Zizyphus is a shrub or small tree. The fruit is used to make medicine.

Zizyphus is used for improving muscular strength and weight, for preventing liver diseases and stress ulcers, and as a sedative. Jujube is also used for various skin conditions including dry and itchy

skin, purpura, wounds, and ulcers; digestive problems including lack of appetite and diarrhea; and circulatory problems including high blood pressure and anemia. Other uses are for fatigue, hysteria, fever, inflammation, asthma, and eye diseases.

In foods, zizyphus is used in a variety of recipes.

In manufacturing, zizyphus extracts are used in skin care products to reduce redness and swelling, wrinkles and dryness; and for relief from sunburn.

How does it work?

Zizyphus might help protect the body against certain types of liver damage. It might also help increase body weight.

USES & EFFECTIVENESS

Insufficient Evidence to Rate Effectiveness for...

- **Liver disease.**
- **Muscular conditions.**
- **Ulcer.**
- **Dry skin.**
- **Wounds.**
- **Diarrhea.**
- **Fatigue.**

- **Other conditions.**

SPECIAL PRECAUTIONS & WARNINGS

Pregnancy and breast-feeding: There is not enough reliable information about the safety of taking zizyphus if you are pregnant or breast-feeding. Stay on the safe side and avoid use.

Diabetes: Zizyphus might lower blood sugar. Watch for signs of low blood sugar (hypoglycemia) and monitor your blood sugar carefully, if you have diabetes and use zizyphus in amounts larger than the amounts normally found in food.



Surgery: Zizyphus might lower blood sugar and might interfere with blood sugar control during

and after surgery. Zizyphus might also slow down the central nervous system. Anesthesia and other medications used during surgery also affect the central nervous system. The combined effects might be harmful. Stop taking zizyphus at least 2 weeks before a scheduled surgery.

INTERACTIONS

Medications for diabetes (Antidiabetes drugs) Interaction Rating: Moderate Be cautious with this combination. Talk with your health provider.

Zizyphus might decrease blood sugar. Diabetes medications are also used to lower blood sugar. Taking zizyphus along with diabetes medications might cause your blood sugar to go too low. Monitor your blood sugar closely. The dose of your diabetes medication might need to be changed.

Some medications used for diabetes include glimepiride (Amaryl), glyburide (DiaBeta, Glynase PresTab, Micronase), insulin, metformin (Glucophage), pioglitazone (Actos), rosiglitazone (Avandia), chlorpropamide (Diabinese), glipizide (Glucotrol), tolbutamide (Orinase), and others.

Sedative medications (CNS depressants) Interaction
Rating: Moderate Be cautious with this combination. Talk with your health provider.

Zizyphus might cause sleepiness and drowsiness. Medications that cause sleepiness are called sedatives. Taking zizyphus along with sedative medications might cause too much sleepiness. Taking zizyphus along with sedative medications used in surgery might cause prolonged sedation.



Some sedative medications include pentobarbital (Nembutal), phenobarbital (Luminal), secobarbital (Seconal), thiopental (Pentothal), fentanyl (Duragesic, Sublimaze), morphine, propofol (Diprivan), and others.

DOSING

The appropriate dose of zizyphus depends on several factors such as the user's age, health, and several other conditions. At this time there is not enough scientific information to determine an appropriate range of doses for zizyphus. Keep in mind that natural products are not always necessarily safe and dosages can be important. Be sure to follow relevant directions on product labels and consult your pharmacist or physician or other healthcare professional before using.

