Goji in TCM

Dietary Therapy and Clinical Applications

Traditional Chinese Medicine | Functional Food

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Dietary Therapy in TCM

Nature, Flavor & Meridians

- **Nature:** Neutral (平)
- **Flavor:** Sweet (甘)
- **Meridians:** Enters the Liver and Kidney meridians

Core Functions

Function	Application in Dietary Therapy
Tonifies Liver and Kidney Yin	Used for lower back weakness, dizziness, tinnitus due to Yin deficiency
Benefits Jing and improves vision	Helps with blurred vision and night blindness; protects retinal function
Nourishes Blood and moistens dryness	Alleviates blood deficiency and dry constipation
Moistens the Lung and relieves cough	Treats consumptive cough and wasting-thirst disorder (Xiaoke)

Classic Dietary Recipes

- **Goji-chrysanthemum tea:** Clears Liver fire, brightens eyes
- **Goji-red date porridge:** Nourishes Blood, calms the mind
- **Goji-snow fungus stew:** Nourishes Yin, moistens Lungs

02

Clinical Applications

Clinical Applications

- **1. Internal Medicine**
  Treats hypertension, diabetes (Xiaoke), chronic hepatitis, and liver function impairment due to Liver-Kidney Yin deficiency
- **2. Ophthalmology**
  Applied in optic atrophy, central retinitis, and night blindness
- **3. Reproductive & Endocrine**
  Addresses male infertility, seminal emission; regulates menopausal symptoms
- **4. Immune & Oncology Support**
  Used adjunctively to reduce leukopenia and fatigue after chemotherapy or radiotherapy