



PATIENT & CAREGIVER EDUCATION

Oldenlandia diffusa

This information describes the common uses of *Oldenlandia diffusa*, how it works, and its possible side effects.

Tell your healthcare providers about any dietary supplements you're taking, such as herbs, vitamins, minerals, and natural or home remedies. This will help them manage your care and keep you safe.

What is it?

Oldenlandia diffusa has shown anticancer effects in lab studies, but human data are lacking.

O. diffusa is an herb found in East Asia and Southern China. It is used in traditional Chinese medicine (TCM) for the treatment of liver diseases, snake bites, and tumors. Laboratory studies suggest that this herb may inhibit the growth of cancer cells and stimulate the immune system to destroy or engulf tumor cells. Animal studies show that certain chemicals found in this herb may help lower cholesterol and have anti-inflammatory effects.

More research is necessary to confirm whether this herb can be used safely and effectively for any condition in humans.

What are the potential uses and benefits?

- Hepatitis
There are no data to support this claim.
- Cancer

Lab and animal studies suggest anticancer properties, but human data are lacking.

- **Snake bite**

Although traditionally used to treat snake bites, there are no studies to back this claim.

- **Arthritis**

A compound from *O. diffusa* may have anti-inflammatory effects in animal studies, but this has not been confirmed in humans.

- **High cholesterol**

Animal studies identified compounds from *O. diffusa* that may lower cholesterol levels, but human studies have not been conducted.

What else do I need to know?

Patient Warnings:

Poor quality control has been reported with products containing of *O. diffusa*. Two similar species – *Corymbosa LAM* and *Oldenlandia tenelliflora BL* – are commonly used as substitutes for Herba Oldenlandiae, the powdered form of *O. diffusa*.

If you have questions or concerns, contact your healthcare provider. A member of your care team will answer Monday through Friday from 9 a.m. to 5 p.m. Outside those hours, you can leave a message or talk with another MSK provider. There is always a doctor or nurse on call. If you're not sure how to reach your healthcare provider, call 212-639-2000.

For more resources, visit www.mskcc.org/pe to search our virtual library.

Oldenlandia diffusa - Last updated on January 4, 2022

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