



## PATIENT & CAREGIVER EDUCATION

# Sarcandra glabra

This information describes the common uses of *Sarcandra glabra*, 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?

*Sarcandra glabra* has not been shown to treat cancer in humans. It may reduce side effects from radiation treatment, but further studies are needed to confirm these effects.

*S. glabra* is an herb used in traditional Chinese medicine for bone and joint pain as well as bleeding disorders. It may help to reduce the side effects of radiation therapy, such as mouth sores and dry mouth. An extract of this herb was examined in the lab and is claimed to stop cancer cells from multiplying. However, this effect has not been studied in humans. Long-term adverse effects are unclear.

## What are the potential uses and benefits?

- **Cancer**  
Lab studies suggest that an extract of *S. glabra* can stop cancer cell division, but human data are lacking.
- **Radiation treatment side effects**  
A small observational study reported that a special preparation of *S. glabra*

can help reduce mouth sores and dry mouth from radiation therapy. Additional studies are needed.

- **Bleeding disorders**

Lab and animal studies suggest *S. glabra* can improve platelet count after chemotherapy, but this has not been studied in humans.

- **Bone fractures and arthritis**

Although *S. glabra* has been used in traditional Chinese medicine for this purpose, clinical studies have not been conducted in humans.

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](http://www.mskcc.org/pe) to search our virtual library.

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