



Schisandra juice: beneficial properties and features of consuming a unique drink

Shelestun Anna, nutritionist, dietitian

Eliseeva Tatyana, editor-in-chief of the EdaPlus.info project

E-mail: shelestun.n@edaplus.info, eliseeva.t@edaplus.info

Abstract. Chinese lemongrass, or schizandra, is a kind of vine that grows up to 15 meters long. The plant has nothing in common with citrus fruits, but received its name for the characteristic aroma emanating from its leaves. It is often used in landscape design to effectively decorate vertical surfaces and is considered one of the most beneficial for the body - it takes an honorable second place after ginseng.

All parts of Schisandra, from roots to seeds, have medicinal properties, but the most popular among admirers of healthy lifestyle and traditional medicine are its fruits, popularly called berries of five flavors for their original multifaceted taste. Healing tinctures and teas are prepared from them, and delicious and very healthy fresh juice is also squeezed out. Schisandra juice can be purchased at specialized retail outlets or prepared independently from fresh berries.

Key words: lemongrass, lemongrass juice, schizandra, schizandra juice, useful properties, contraindications, composition, calories

Composition and calorie content

Schisandra berries are a product with a record low calorie content - 100 grams of pulp contains only 11 kcal. They contain no fat, virtually no proteins and carbohydrates (1% and 1.9%, respectively), and the glycemic index is at the level of 10 units. Such indicators allow you to safely drink lemongrass juice even for people who are overweight and have diabetes.

In addition, lemongrass juice has a rich composition of various vitamins, microelements and other useful substances. In particular, it contains:

- Such powerful antioxidants as vitamins C ^[1] and E ^[2,3] protect cells from damage by free radicals and premature death (suppress the aging process of the body), and show good results in the treatment of endometriosis. ^[4] Ascorbic acid additionally helps improve immunity and protects against the development of scurvy. Vitamin E improves vascular elasticity and prevents the formation of cholesterol plaques, stabilizes the reproductive system, prevents the development of Alzheimer's disease, exhibits powerful apoptotic activity against a wide range of types of cancer cells and can be used as an effective adjuvant in oncology therapy. ^[5]
- Microelements: zinc (cleanses blood vessels of cholesterol, minimizes the level of cortisol, the stress hormone, improves the functioning of the cardiovascular system, helps fight weight loss, problems with healing ulcers ^[6] and wounds ^[7]), iron (is a component of hemoglobin - delivers oxygen to the body's cells and prevents the development of anemia ^[8]), builds immunity and improves the functioning of the thyroid gland), magnesium (lowers blood pressure, reduces pain in the joints, regulates blood sugar levels, eliminates muscle cramps ^[9]), etc.

Schisandra juice also contains tannins, which provide an antidiarrheal and hemostatic effect, as well as unique polyphenolic compounds, lignans (found in the seeds and fruits of the plant). ^[10] The latter slow down the aging process of the skin, provide antitumor, antifibrotic and anticancer effects. ^[eleven]

Top 8 beneficial properties of lemongrass juice

1. Provides hepatoprotective effect

Schisandra, widely used in traditional Chinese medicine as a remedy for many diseases, is also an effective hepatoprotector. It has been proven that the supplement in the form of lemongrass juice provides rapid restoration of the liver damaged by medications ^[12], as well as oxidative stress caused by ethanol. ^[13] As a result of experiments, scientists were able to establish that the lignan schisandrin, contained in schizandra juice, effectively fights liver steatosis caused by non-alcoholic fatty disease. ^[14]

2. Effective in treating heart failure

Research shows that schizandra juice, especially in combination with coenzyme Q10, helps reduce the area of myocardial fibrosis in patients with heart failure, improves heart function ^[15] and protects against the development of cardiovascular diseases. ^[16]

3. Is an effective herbal adaptogen

Substances that help the body adapt to certain conditions, increase its resistance to various harmful environmental influences, as well as resistance to physical stress without increasing oxygen consumption are called adaptogens. Powerful natural adaptogens include plants such as ginseng, ginger, sea buckthorn, and Schisandra chinensis. It has been proven that consuming juice squeezed from the pulp of Schisandra berries promotes accelerated recovery of the body after illness, memory impairment and cognitive function, and other problems. ^[17]

4. Useful in the treatment and prevention of respiratory viral infections

Plant adaptogens, which include Schisandra fruits, show excellent potential in the treatment and prevention of respiratory infections. It has been proven that drinking lemongrass juice, especially in combination with melatonin, promotes accelerated recovery of the body after illnesses. ^[18]

5. Helps restore cognitive processes

Chemotherapy used to treat cancer can have a negative impact on cognitive function. Taking herbal adaptogens, in particular lemongrass juice, helps to avoid and/or reduce the negative effects of medications. ^[19]

6. Suppresses the manifestations of dermatitis

Scientists have concluded that Schisandra chinensis, used in oriental medicine as an effective remedy for many diseases, also shows good results in the treatment of dermatological problems, in particular atopic dermatitis. ^[20]

7. Has a tonic effect

Schisandra juice is an excellent alternative to coffee. The drink has a good invigorating effect - it increases a person's performance without having a negative effect on the body and without depleting nerve cells (unlike other popular tonics). The period of invigorating effects also lasts much longer than from coffee or tea - up to 6 hours.

8. Positively affects potency

Research shows that Schisandra chinensis also shows good results in the treatment of male diseases. In particular, in the treatment of impotence and benign prostatic hyperplasia. ^[21]

Contraindications, features of consuming lemongrass juice

When planning to include lemongrass juice in your diet, remember that you should drink it in small quantities and it is better not in pure, but in diluted form - a teaspoon of liquid in a glass of water or any other juice (apple, grape, carrot, etc.)

Please also note that despite all its positive properties, the drink has some limitations. In particular, it should not be used by hypertensive patients due to increased blood pressure and increased heart rate, as well as people suffering from insomnia, pregnant women, and children under 12 years of age.

Note! Schisandra berry juice is not recommended to be taken simultaneously with antidepressants, as such a "cocktail" can negatively affect your health. In particular, experts warn that drinking Schisandra juice together with bupropion (an atypical antidepressant used to treat depression and nicotine addiction) can cause consequences such as arthralgia (joint pain) and thrombocytopenia (a pathological decrease in the number of platelets in the blood). Taking schizandra juice together with amitriptyline can lead to delirium (mental disorders), and combination with fluoxetine can lead to dysuria (impaired urination). ^[22]

Recommendations for preparing and storing lemongrass juice

Making juice from lemongrass fruits yourself is quite simple. Sort through the berries, separating the debris, spoiled and unripe fruits, rinse thoroughly, and drain in a colander. After this, mash the fruits with a wooden masher in a glass bowl and squeeze out the resulting pulp through cheesecloth.

The resulting liquid can be frozen for long-term storage, poured into special containers or zip bags, or canned by pre-pasteurizing it.

Expert commentary

Tatyana Eliseeva, nutritionist, nutritionist

Schisandra juice is a unique drink that has been widely used for many centuries in Eastern medicine. With its help, you can improve your well-being, increase the tone and performance of the body, cleanse and protect the liver from damage by drugs and alcoholic beverages, as well as quickly and fully recover from colds and viral diseases. Add this super fresh juice to your diet to see its benefits and effectiveness from your own experience!

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Eliseeva Tatyana, editor-in-chief of the project EdaPlus.info

E-mail: shelestun.a@edaplust.info, eliseeva.t@edaplust.info

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