

ASIAN GINSENG

Latin Name

Panax C.A. Meyer

Common Names

Ginseng, Asian ginseng, Korean ginseng, Asiatic ginger, Chinese ginseng,

Origin

Asian mountain forests, Korea

Description

Panax ginseng is a deciduous perennial shrub whose fleshy root requires 4-6 years of cultivation to reach maturity. Traditionally the wild root was consumed to vitalize, strengthen, and rejuvenate the entire body. Widely cultivated, ginseng is now used as a natural preventive, restorative remedy and valued for its adaptogenic properties. Korean ginseng is more stimulating and increases the “yang” energy while American ginseng (Panax quinquefolium) increases the “yin” energy. Korean ginseng is most suitable for males and older people.

Pharmacological Properties

- Adaptogen, general tonic
- Anti-stress
- Anti-fatigue, restore vigor
- Restorative
- Increase resistance to infections
- Slight CNS stimulant
- Increase mental and physical work capacity
- Increase concentration and mental activity
- Enhance mental acuity and intellectual performance
- Improve physical performance
- Immunoregulator, mainly immunostimulant
- Promote appetite
- Anti-oxidant
- Increase reaction times
- Lower blood cholesterol
- Radioprotective
- Regulates adrenal glands, helps prevent exhaustion

Active Substances

Glycosides (Ginsenosides), saponins, phytosterol. Standard 5% ginsenosides, mainly Rg1

Contraindications / Toxicity

No reported adverse effects. May cause a slight insomnia if taken at bedtime. A report by Siegal, entitled The Ginseng Abuse Syndrome, has been shown to have no merit.

Suggested Use

500-600 mg./day of extract; 1-2 gm./day dried root

Synergistic Agents

Licorice , Schisandra

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Processing

Six-year old roots are harvested and extracted, then standardized at 23-27% ginsenosides and ratio between Rb1 content and Rg1 content not exceeding 2.

Part Of Plant Used

Root

References

- Baldwin, CS et al. (1986) What pharmacists should know about Ginseng. Pharm. J. Nov 8th:582.
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- Shibata, S. et al. (1985) Chemistry and pharmacology of Panax. In:Economic and Medicinal Plant Research, Vol. 1.
- Weiner, M. (1990) Weiner's Herbal. Mill Valley: Quantum Books.

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