

Ginseng (Panax varieties)

Latin Name: Panax quinquefolius (American Ginseng)

Panax schin-seng (Chinese, Asian, or Korean)

Panax pseudoginseng (Tienchi Ginseng)

STIMULANT: the SICK use it to recover health; HEALTHY use it to increase vitality

Use ROOT (old roots are best)

Contact with metal decreases its strength

CHINESE HERB; Native to China; Korea; Japan;

American variety: NW U.S. + Canada – Was overharvested for a while; Now cultivated almost exclusively for export to China

Grows in rich, shaded soils

HISTORY

- 1) Greek name 'Panax' = All Healing
- 2) (for 2,000 years) CHINESE: Continuous use leads to Longevity; Infirmities of Aging; Fatigue
- 3) 1700s – American species traded to China – in high demand
- 4) Native Americans used

QUALITIES

- 1) NUTRIENTS: Good source of Germanium (provides energy); Bitter; Antioxidants
- 2) STIMULATING TONIC; Regeneration; Rebuilds Body Strength; Endurance; Athletic Performance; Counters Chronic Fatigue; Aging; Age Spots; Free Radicals reduced
- 3) APHRODISIAC; Menopause; Prostate Health; Increases Male Hormone Production; Counters Male Impotence
- STUDY (impotence): Korean Red Ginseng (KRG) used with 60 men in double-blind, placebo-controlled study for 12 weeks; Subjects using KRG showed significant improvement, while those in the placebo group did not receive any benefits. (deAndrade 2007)
- 4) DIGESTION; Nervous Stomach; Vomiting; Appetite
- 5) ADRENAL Function; Normalizes ADRENAL Flow; Reduces STRESS; Fights Male DEPRESSION with STRESSED-OUT Conditions; Nervous Exhaustion; Overwork; Regulates BLOODS SUGAR
- STUDY (glucose levels): American ginseng lowered serum glucose levels after eating a meal in both diabetic and non-diabetic subjects. (Vuksan 2000)
- 6) BRAIN and MEMORY; Mental fatigue; SENILITY; Highly effective when combined with GINKGO
- STUDY (anti-aging): Clinical observations of 358 cases of persons (age from 50 to 85 years old) showed results that Panax ginseng possessed anti-senility effect and marked

effect on relieving the symptoms of aging, adjusting organic metabolism and improving physiological function, etc. (Zhao 1990)

- STUDY (mental activity): Improved accuracy and responses on subtraction tasks with Ginkgo-Ginseng combination, showing highly significant and sustained increase in the number of responses accompanied by improved accuracy. (Scholey 2002)

7) Pituitary Gland

8) Normalizes Blood Pressure (High or Low); Promotes vasodilation and Vascular TONE

9) IMMUNITY (T Cells + Lymphocytes)

- STUDY (immunity): Natural killer activity levels at weeks 8 and 12 were nearly twice as high as compared to the placebo group... number of flu cases dropped from 42 to 15 in the group taking 100 mg Ginsana for 12 weeks in a randomized, placebo-controlled, double-blind investigation of 227 people. [species unidentified] (Scaglione 1996)

- ASTHMA; BRONCHITIS; FLU; CANCER Quality of Life (less fatigue); Radio-Protective

AMERICAN Species known to

- Relax, Tranquilize the BRAIN; Relieve FATIGUE
- STIMULATE Vital Organs; Increase Body Fluids

CHINESE Species known for

- Pituitary gland Tonic; Speeds up REFLEXES; Increases Mental performance; Diminishes Fatigue

TIENCHI pseudoginseng species best known for

- Strong TONIC for Trauma; Internal Injuries and external liniment (Reduce swelling and discomfort); Gun shot wounds; Dissolves blood clots; Preferable for younger people as it moves the chi better; Heart strengthener; Improves athletic abilities; Tonic for Sports Injuries

CAUTION: Counters blood thinning effect of meds; Discontinue 1 week before surgery

Ginseng, Panax References

Herb History and General Information

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Studies

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Zhao XZ. Antisenility effect of ginseng-rhizome saponin. *Zhong Xi Yi Jie He Za Zhi*. 1990 Oct;10(10):586-9, 579. [PubMed] [Article in Chinese]

[Additional info on Studies:](#)

IMPOTENCE

Sixty men with mild to moderate erectile dysfunction (ED) participated in this double-blind, placebo-controlled study that assessed the efficacy of Korean Red Ginseng (KRG) for ED. Participants were given either placebo or KRG (1000 mg/3 times daily)

for 12 weeks after which erectile function was assessed using the International Index of Erectile Function and a Global Assessment Questionnaire. Subjects that received KRG showed significant improvements in erectile function as compared to baseline scores (16.4 versus 21) while those in the placebo group did not receive any benefits (17 versus 17.7). In addition, participants receiving KRG reported enhanced rigidity, maintenance, and penetration without detectable changes in serum testosterone, prolactin, or cholesterol levels, indicating that KRG's effect on ED is independent of hormonal or cholesterol levels. Minor side effects such as headache and insomnia were reported in 3 subjects who received KRG. (deAndrade 2007)

LOWERS GLUCOSE LEVELS

CONCLUSIONS: American ginseng lessened postprandial (after eating) glycemia in both study groups. For nondiabetic subjects, to prevent unintended hypoglycemia it may be important that the American ginseng be taken with the meal. (Vuksan 2000)

SENILITY and ANTI-AGING

Clinical observations of 358 cases of middle and old age persons (age from 50 to 85 years old) showed results that Panax ginseng (GRS) possessed anti-senility effect and marked effect on relieving the symptoms of aging, adjusting organic metabolism and improving physiological function, etc., such as promoting memory, raising the amount of white cells and improving organic immunity function. GRS both improved the function of hypophysisgonad (Hypothalms; Pituitary; Glandular) axis and the function of adrenal cortex. It had marked efficacy in the treatment of coronary heart disease with angina pectoris and had better effect on treating concomitant atrial and ventricular prematures. (Zhao 1990)

MENTAL HEALTH

In study of healthy young volunteers, Ginseng improved accuracy and responses on computerized serial subtraction tasks with Ginkgo-Ginseng combination showing highly significant and sustained increase in the number of responses accompanied by improved accuracy. Scholey 2002

IMMUNE SYSTEM HEALTH

Antibody titre after flu vaccination was increased from 171 to 272 and number of flu cases dropped from 42 to 15 in the group taking 100 mg Ginsana for 12 weeks in a randomized, placebo-controlled, double-blind investigation of 227 people. [species unidentified] (Scaglione 1996)

...Natural killer (NK) activity levels at weeks 8 and 12 were nearly twice as high in the G115 group as compared to the placebo group. In all the volunteers, laboratory values of 24 safety parameters showed no significant differences between the end and the beginning of the 12-week study in either of the groups.