

# G I N S E N G



## Ginseng preparations

Fresh ginseng: plants less than 4 years old

White ginseng: plants that are 4-6 years old

Red ginseng: plants are more than 6 years old

Other herbs that are not true ginseng but are used in similar manner:

Dong Quai (*Angelica sinensis*)

Indian Ginseng (*Withania somnifera*)

Brazilian Ginseng (*Pfaffia paniculata*)

White Ginseng (*Adenophora polymorpha*)

Red Ginseng (*Salvia miltiorrhiza*)

Purple Ginseng (*Polynopsis pilosula*)

California Ginseng (*Aralia Californica*)

False Ginseng (*Codonopsis pilosula*)

Prince ginseng (*Pseudostellaria heterophylla*)

Ginseng has been used for centuries in Chinese medicine as an adaptogen, with gentle, non-specific and broad effects. Its influence is slow and cumulative. It is a general body tonic and an herb that promotes longevity.

Ginseng is considered an antioxidant that scavenges free radicals and has anti-aging benefits.

## Types of Ginseng:

- American ginseng (*Panax quinquefolius*)
- Asian ginseng (*Panax ginseng*)
- Siberian ginseng (*Eleutherococcus senticosus*)

The active ingredients in ginseng are ginsenosides of which there are more than 30 different molecular structures. The most common part of the ginseng plant used in herbal medicine is the root, however, the leaves and berries have active ginsenosides as well.

Ginseng can improve tolerance to stress, reduce fatigue and improve endurance. Ginsenosides have been studied in particular with cancer. They are thought to suppress malignant transformation and to inhibit proliferation of cancerous cells. According to prospective studies, Ginsenosides have been effective in reducing the incidence of several types of cancer among those consuming ginseng.

Ginsenosides are also effective in improving cardiovascular function and reducing blood pressure. Ginsenosides reduce platelet aggregation, suppress thrombin formation, and relax smooth muscle cells.

Several studies have shown an improvement in glucose and insulin levels in diabetics, whether laboratory animals or humans. Ginseng also improves weight in diabetics which can contribute to improved glucose control.

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