AN MEDICINAL PLANT GINSENG


ABSTRACT

According to traditional Chinese medicine, ginseng promotes yin energy, cleans excess yang and calms the body. The reason it has been claimed that American ginseng promotes yin (shadow, cold, negative, female) while Asian ginseng promotes yang (sunshine, hot, positive, male) is because, according to traditional Chinese medicine, things living in cold places or northern side of mountains or southern side of rivers are strong in yang and vice versa, so that the two are balanced. Chinese/Korean ginseng grows in Manchuria and Korea, the coldest area known to many Koreans in ancient times. Thus, ginseng from there is supposed to be very yang.

Originally, American ginseng was imported into China via subtropical Guangzhou, the seaport next to Hong Kong, so Chinese doctors believed American ginseng must be good for yin, because it came from a hot area. They did not know, however, that American ginseng can only grow in temperate regions. Nonetheless, the root is legitimately classified as more yin because it generates fluids.

The two main components of ginseng are claimed to be in different proportions in the Asian and American varieties, and are speculated to be the cause of the excitatory versus tonic natures. The ginseng is traditionally hewn and a few slices are simmered in hot water to make adecoction. We are planned our research work to identification new medicinal activity.

Key words: Ginseng, Medicinal
**Ginseng** is any one of eleven species of slow-growing perennial plants with fleshy roots, belonging to the genus *Panax* of the family Araliaceae. Ginseng is found only in the Northern Hemisphere, in North America and in eastern Asia (mostly Korea, northern China (Manchuria), and eastern Siberia), typically in cooler climates. *Panax vietnamensis*, discovered in Vietnam, is the southernmost ginseng known. This article focuses on the Series Panax ginsengs, which are the adaptogenic herbs, principally *Panax ginseng* and *P. quinquefolius*. Ginseng is characterized by the presence of ginsenosides.

Siberian Ginseng (*Eleutherococcus senticosus*) is in the same family, but not genus, as true Ginseng. Like Ginseng, it is considered to be an adaptogenic herb. The active compounds in Siberian Ginseng are eleutherosides, not ginsenosides. Instead of a fleshy root, Siberian Ginseng has a woody root.

### Properties and benefits of Ginseng

Ginseng contains 12 types of bio-active chemical substances also known as ginsenoids. It also contains panaxan (Panax Ginseng), which diminishes the level of glicemia and increases the effect of insulin. Ginseng has tonic (especially over the nervous system), anti-oxidant, anti-inflammatory, anti-depressive, hypotensive, hypoglycemic, hypcholesterolemic and aphrodisiac effects. It increases the concentration and aids memory processes. It has a positive effect over blood circulation and it improves the function of lungs. Even more, it can revitalize weak bodies; reduce fatigue, and increase work and effort capacity as well as stimulating the secretion of adrenalin. Due to these properties, the consumption of ginseng is recommended to those who sustain serious physical efforts. It is recommended also...
during convalescence periods because it stimulates the healing process.

It is important to be aware that owing to its nutritive qualities, ginseng can be used by all people, irrespective of age. Because it stimulates the endocrine glands, ginseng increases mineral and vitamin absorption. Because it is an adaptogen herb it contributes to the capacity of the body to adapt itself to the natural negative environment states such as cold, stress and malnutrition.

The quantity of active compounds is significantly larger if the root of the herb is older. The general belief is that the herb reaches its maturity after 6 years of life.

**Treatments**

According to Chinese tradition, ginseng treats hypertension as well as hypotension, anemia, asthenia, arthritis, digestive disorders, insomnia, and fatigue and increases body resistance during stress periods. The general belief is that ginseng prevents the ageing of tissues and treats impotence. Ginseng is included in the treatment of depressive and debilitative states, memory disorders and diabetes.

Because it is also a stimulant for the immune system, this herb is recommended in the treatment of low resistance to periods of cold. It is efficient in treating physical and intellectual fatigue that is generated by stress. It helps older and younger people as well.

It is recommended in the treatment of seasickness, airsickness and senility.

Both American ginseng and Asian ginseng (*Panax ginseng*) roots are taken orally as adaptogens, aphrodisiacs, nourishing stimulants, and in the treatment of type II diabetes, as well as for sexual dysfunction in men. The root is most often available in dried form, either whole or sliced. Ginseng leaf, although not as highly prized, is sometimes also used; as with the root, it is most often available in dried form.

This ingredient may also be found in some energy drinks, often the “tea” varieties; in these products, ginseng is usually present in subclinical doses and does not have measurable medicinal effects. It can be found in cosmetic preparations as well, but has not been shown to have clinically effective results.
Mixtures
Used as capsules, powder, tea or nutritive supplements, ginseng can be easily found in any drug-store. The pharmaceutical products must be administrated by heeding the doctor’s recommendations. It is important to know that the most efficient mixtures are obtained from the 5 year old herb roots. The soluble tablets are more efficient that the alcoholic extracts. The normal dose for an adult is about 0.03 oz and for a child the dose diminishes to half.

USES
1. Ginseng is an immunomodulatory drug.
2. It increases the natural resistance (non-specific resistance) and enhances the power to overcome the lines or exhaustion.
3. It has both stimulant and sedative properties.
4. It is used as aphrodisiac.
5. It is believed to be useful in adrenal and thyroid dysfunctioning.
6. Ginseng was used for a number of ailments, like curing the giddiness and prolonging life of elderly and diabetic persons.
7. It is given as demulcent and in gastritis and anemia.
8. Although, ginseng shows a low toxicity, long term use leads to poisoning, similar to that of corticosteroids.
9. Ginseng extracts are also used externally in cosmetics.

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