

The Health Benefits of American Ginseng



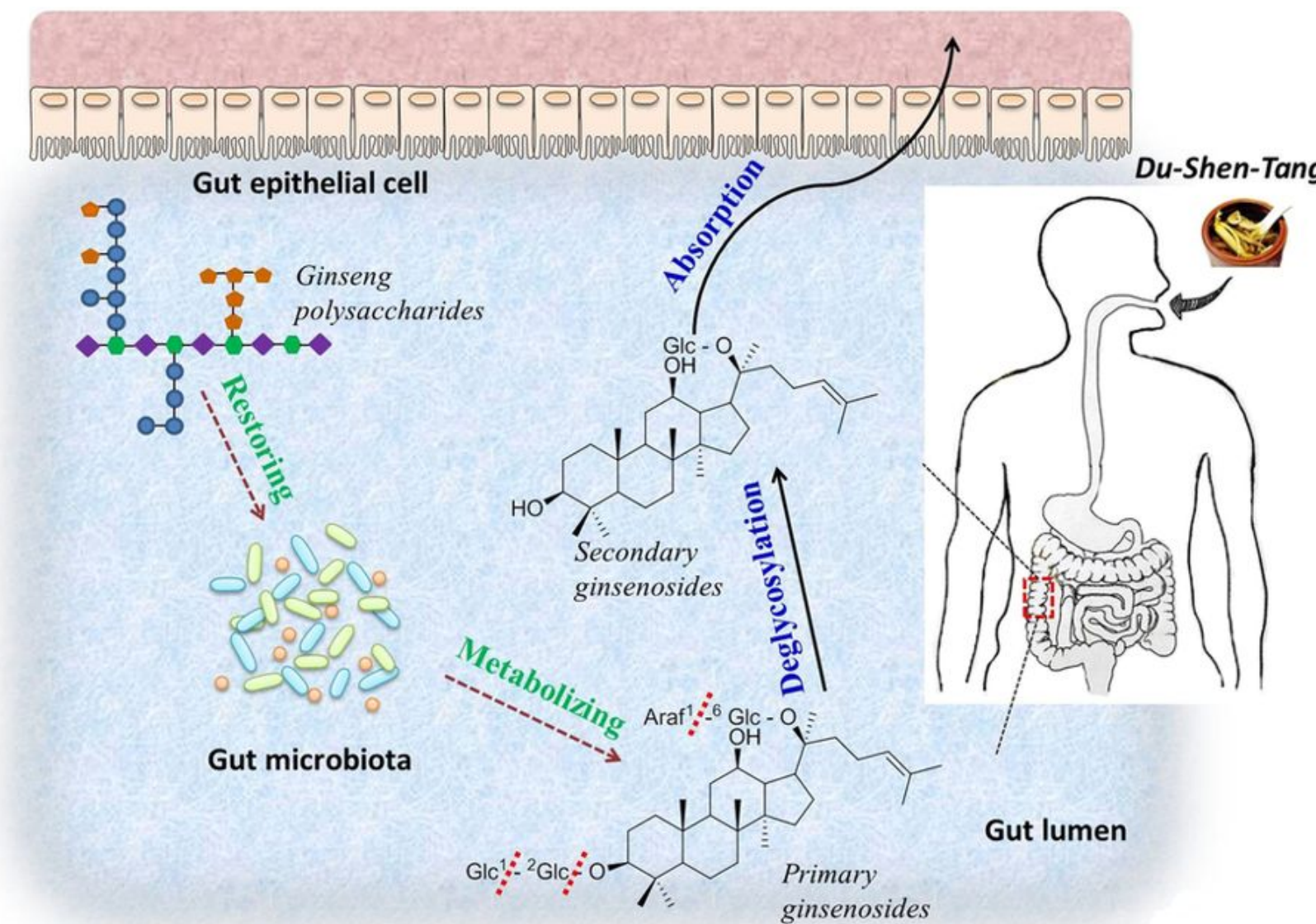
Why American Ginseng works?

American ginseng contains two major categories of bioactive chemicals that provide for many of its health benefits.

Ginsenosides Ginsenosides are a class of steroid glycosides (or saponins) whose effects on the cardiovascular system, central nervous system and immune system have been reported. The two main saponin groups, protopanaxadiol (PPD) and protopanaxatriol (PPT), maintain slightly different effects on the body system.

Polysaccharides Ginseng polysaccharides are water-soluble acidic compounds that have been shown to possess immunomodulating and anti-proliferative effects.

Latest research showed that ginseng polysaccharides interact with co-existing ginsenoside to produce synergistic effect via gut microbiota involved mechanisms.

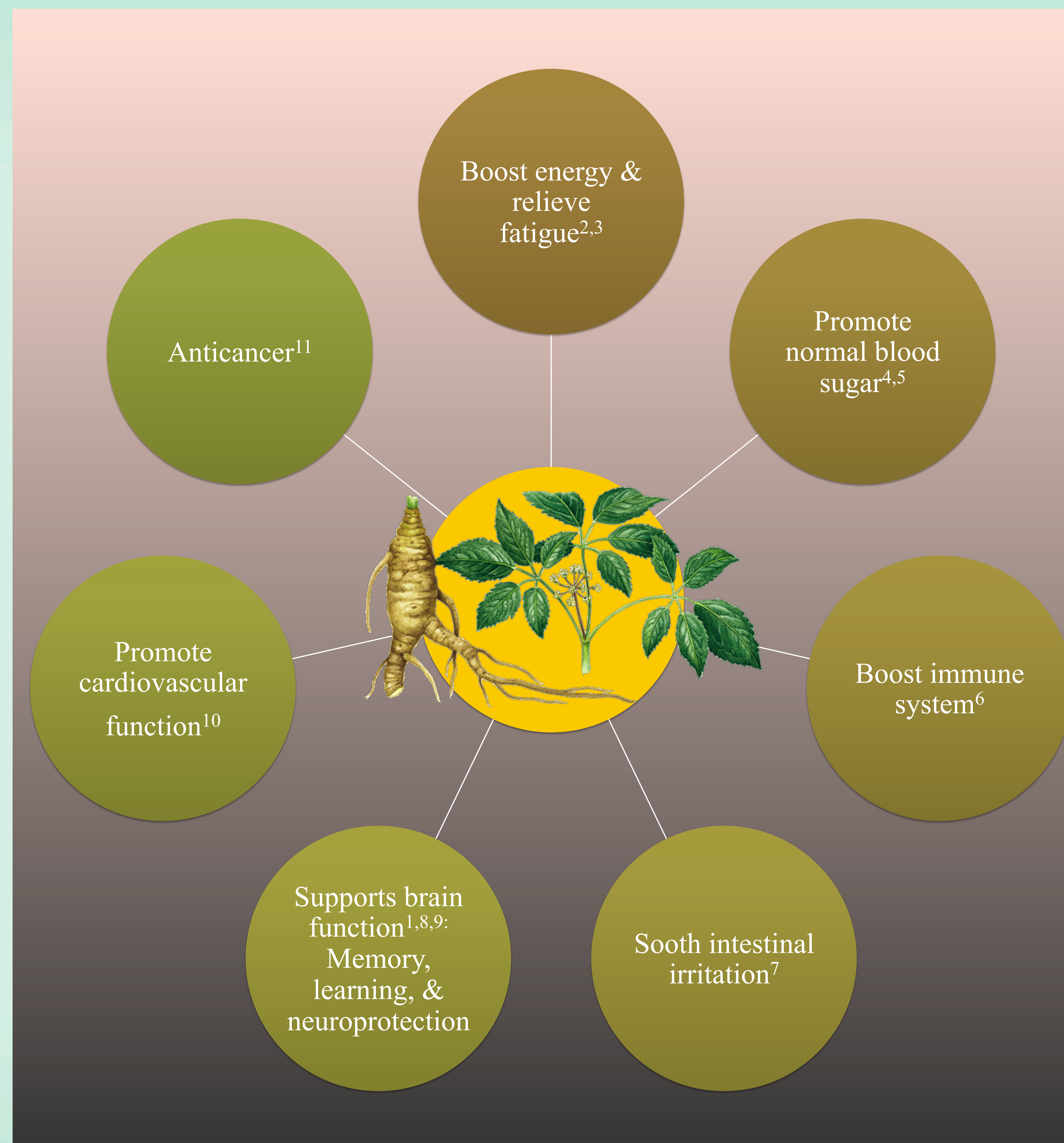


Traditional Use of Ginseng

- The scientific name of American ginseng is *Panax Quinquefolius*. The word *Panax*, derived from the Greek word meaning “healing-all”.
- The English word ginseng is derived from the Chinese term “rén shēn” which literally means “man root”: a reference to the root’s resemblance to the body of a human.



- The ancient Chinese used it for various health benefits, ranging from overcoming all kinds of fatigue to treating severe cardiac problems.
- The “*Shen Nong Ben Cao Jing*” (the Divine Farmer’s Materia Medica) written around 200 A.D. attributed longevity boosting properties to ginseng and stated that it was good for “enlightening the mind and increasing the wisdom”.



Modern Consumption of Ginseng



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International Ginseng Institute

MIDDLE TENNESSEE STATE UNIVERSITY