



**ginseng**

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**Cruising Review**

**Ginseng: Publications and Research from  
SwissMixIt**



## Structured Data

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Panax ginseng, also called Asian or Korean ginseng, has long been traditionally used in Korea and China to treat various diseases. The major active ingredients of P. ginseng are ginsenosides, which have been shown to have a variety of therapeutic effects, including antioxidation, anti inflammatory, vasorelaxation, antiallergic, antidiabetic, and anticancer. To date, approximately 40 ginsenoside components have been reported.

**PDF Version of the webpage (first pages)**

<https://cruisingreview.com/smx/ginseng.html>

## Ginseng Botanical Information

Panax ginseng, also called Asian or Korean ginseng, has long been traditionally used in Korea and China to treat various diseases. The major active ingredients of P. ginseng are ginsenosides, which have been shown to have a variety of therapeutic effects, including antioxidation, anti-inflammatory, vasorelaxation, antiallergic, antidiabetic, and anticancer. To date, approximately 40 ginsenoside components have been reported.

Keywords: blood pressure, lipid profile, myocardial protection, Panax ginseng, vasomotor tone, Alzheimer's disease, Parkinson's disease, Ischemia, Neurodevelopmental disorders, Ginseng, Actoprotector, Memory, Physical work capacity, Anti-aging, pharmacology, molecular mechanism

Description and Research Abstract: Panax ginseng, also called Asian or Korean ginseng, has long been traditionally used in Korea and China to treat various diseases. The major active ingredients of P. ginseng are ginsenosides, which have been shown to have a variety of therapeutic effects, including antioxidation, anti-inflammatory, vasorelaxation, antiallergic, antidiabetic, and anticancer. To date, approximately 40 ginsenoside components have been reported.

Ginseng is one of the most widely used herbal medicines in human. Central nervous system (CNS) diseases are most widely investigated diseases among all others in respect to the ginseng's therapeutic effects. These include Alzheimer's disease, Parkinson's disease, cerebral ischemia, depression, and many other neurological disorders including neurodevelopmental disorders. This is most important in CNS diseases where multiple of etiological and pathological targets working together to regulate the final pathophysiology of diseases.

Actoprotectors are preparations that increase the mental performance and enhance body stability against physical loads without increasing oxygen consumption. Actoprotectors are regarded as a subclass of adaptogens that hold a significant capacity to increase physical performance. The focus of this article is studying adaptogen herbs of genus Panax (P. ginseng in particular) and their capabilities as actoprotectors.

Aging is an irreversible physiological process that affects all humans. Numerous theories have been proposed to regarding the process from a Western medicine perspective; however, ancient Chinese medicine practices and theories have increasingly gained attention, particularly ginseng, a grass that has been studied for the anti-aging properties of its active constituents. Ginseng and its active components with regards to their effects on prolonging lifespan, the regulation of multiple organ systems including cardiovascular, nervous, immune, and skin, as well as the anti-oxidant and anti-inflammatory properties. The molecular mechanisms of these properties elucidated via various studies are summarized as further evidence of the anti-aging effects of ginseng. Many studies have sought to discover the pharmacological effects and mechanisms of this mysterious plant. It has been proven that ginseng indeed possess properties that combat aging, diabetes, cancer, as well as immunoregulatory effects that help with wound and ulcer healing. This review will discuss pharmacological activity of ginseng associated with its anti-aging properties.



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