



GINSENG

Panax ginseng



Areas of application

- Weakness, circulatory problems
- Erectile dysfunction
- Heart failure
- menopausal symptoms
- High blood sugar, obesity
- Difficulty concentrating, chronic fatigue
- Exhaustion

Family

Araliaceae

Based in

Asia

Plant parts used

The underground dried parts of the plant (roots)

Ingredients

Ginsenosides, polysaccharides such as panaxanes and ginsenanes, polyacetylenes such as falcarinol and panaxynol, peptidoglycans, phytosterols (plant hormones), triglycerides, peptides, amino acids, proteins, fatty acids, essential oils, vitamin C, minerals such as potassium, calcium and magnesium, and trace elements such as selenium and iron.

Usage/Indications

Ginseng is an adaptogenic medicinal plant traditionally used in Chinese medicine. Adaptogens help the body adapt to physical and mental stress without overstimulating the heart or nervous system. Ginseng is therefore primarily used to boost physical performance, reduce fatigue and improve mental concentration. It can also promote general vitality in cases of chronic fatigue or following prolonged illness. Furthermore, ginseng is used as an adjunct in the treatment of metabolic disorders and obesity, as it can support glucose and lipid metabolism. Traditionally, it is also used to treat impotence, as it can positively influence blood circulation and hormonal regulation, and for menopausal symptoms to stabilise energy levels, mood and resilience. Studies also suggest a supportive effect on the immune system, particularly in adapting to stress.

Good to know



The active compounds in ginseng – known as ginsenosides – can influence the genes that regulate our sleep-wake cycle. This is why ginseng often has a stimulating effect: it can provide energy in the morning, but if taken in the evening it can disrupt sleep. For this reason, it is traditionally taken only in the morning or early afternoon.

Side effects/Contraindications

Ginseng is generally well tolerated when taken at the recommended dose. Occasionally, mild gastrointestinal discomfort, sleep disturbances, nervousness or headaches may occur. Caution is advised in cases of high blood pressure, cardiac arrhythmia, autoimmune diseases, pregnancy or breastfeeding, as well as when taken concurrently with blood thinners or blood sugar-lowering agents. In these cases, use should be discussed with a doctor.

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