

⌘ SIBERIAN GINSENG (*Eleutherococcus senticosus*)

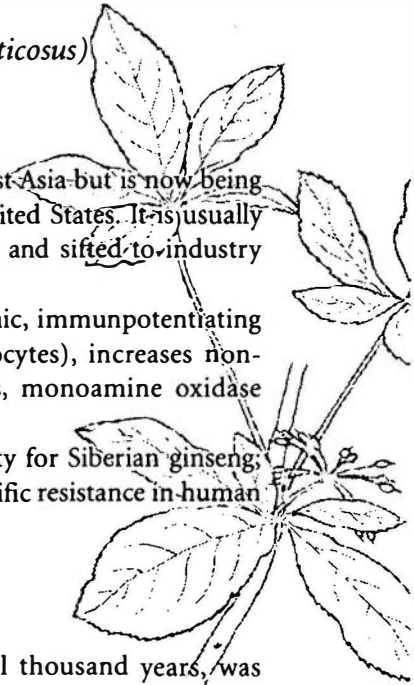
Family: Araliaceae.

Part used: The root.

Collection: The plant is indigenous to northeast Asia but is now being grown commercially in a few places in the United States. It is usually commercially purchased, the root already cut and sifted to industry standards.

Actions: Adaptogen, antistressor, immune tonic, immunopotentiating (phagocytosis), immunoadjuvant (B lymphocytes), increases non-specific resistance against several pathogens, monoamine oxidase inhibitor.

Active against: I have found no specific activity for Siberian ginseng; however, it has been shown to increase nonspecific resistance in human beings against numerous pathogens.



About Siberian Ginseng

This herb, though used in China for several thousand years, was brought to prominence by intensive Russian research in the latter half of the twentieth century. Several clinical trials have shown significant immune-enhancing activity. This includes a significant increase in immunocompetent cells, specifically T lymphocytes (helper/inducer, cytotoxic, and natural killer cells). Tests of the herb have repeatedly shown that it increases the ability of human beings to withstand adverse conditions, increases mental alertness, and improves performance. People taking the herb regularly report fewer illnesses than those not taking it.

Siberian ginseng is, in general, completely nontoxic, and the Russians have reported people using exceptionally large doses for up to 20 years with no adverse reactions. Both Asian and American ginseng, on the other hand, do have several limitations on their use. Siberian ginseng, in my experience, produces cumulative results: the longer you use it, the better it works. It tends to kick in after 6 weeks or so, and the most significant results can be seen after 6 months of use. This is especially true in people with pale unhealthy skin, lassitude, and depression.