

Siberian ginseng is specifically indicated for people with immunodepression, fatigue, and a lack of vitality and perhaps those who get sick a lot. Unlike echinacea, it is not an immune stimulant; rather, it is an immune enhancer and helps restore optimum functioning in the immune system. As it is a monoamine oxidase inhibitor, it is also useful in depression, a condition that often accompanies a severely depleted immune system.

Preparation and Dosage

Siberian ginseng is used as tea, as tincture, or in capsules.

Tea: Cold infusion, 3 to 6 ounces (85 to 170 g) up to 3 times a day.

Tincture: Dry herb 1:5 with 60 percent alcohol, 20 to 60 drops up to 3 times a day.

Capsules: 2 double-ought capsules 3 times a day.

Side Effects and Contraindications

For almost all people: none. May temporarily increase blood pressure in some people; blood pressure tends to drop to normal within a few weeks. Caution should be exercised by people with very high blood pressure, especially if the herb is combined with other hypertensives such as licorice. With extreme overuse: tension and insomnia.

Alternatives to Siberian Ginseng

Ashwagandha, astragalus, shiitake; for men over 40, Asian or American ginseng.

Caution for Those under Forty

Siberian ginseng is *the* ginseng to be used by anyone under 40 years of age. In general, neither American nor Asian ginseng should be used by young people, especially men under 40. Those ginsengs possess strong androgenic effects, and consistent use can interfere with sexual development. However, they are definitely indicated for anyone over 40. They have shown reliable anti-fatigue, antitumor, radioprotective, antiviral, and antioxidant activity. Those taking the herbs have consistently shown increased response to visual stimuli and increased alertness, power of concentration, and grasp of abstract concepts. Basically, these two ginsengs are herbs for those experiencing the side effects of aging. However, they are both very expensive. Siberian ginseng is an effective alternative unless there is accompanying sexual and/or mental debility, or for those with cancer and accompanying immune depression.