

## Asian Ginseng

**Botanical Name:**

*Panax ginseng*

**Common Names:**

American ginseng, Asiatic ginseng, Chinese ginseng, five-fingers, Japanese ginseng, jintsam, Korean ginseng, ninjin, Oriental ginseng, schinsent, seng and sang, tartar root, Western ginseng

**Parts used:**

Roots

**Active Components:**

The triterpenoid saponins referred to collectively as ginsenosides or panaxosides.

**Looks like:**

Small herbaceous plant from 30 to 80 cm high with divided palmate leaves and clusters of red berries in the autumn.

**Where it's grown:**

Asian ginseng is native to the Far East. Ginseng is now found throughout the world.

**History:**

The medical use of ginseng dates back thousands of years. It has remained an important medicine in the health care system of China, Japan, and Korea and has also become a leading product in European and U. S. herbal supplements. The English word ginseng derives from the Chinese term *rénshēn*, literally "man root" (referring to the root's characteristic forked shape, resembling the legs of a man). The botanical name *Panax* means "all-heal" in Greek.

**Use:**

Ginseng has been used for a variety of purposes for about 5000 years. It has been used to increase physical endurance and lessen fatigue, to improve the ability to cope with stress, and to improve concentration. It is also used for anemia, diabetes, gastritis, neurasthenia, erectile dysfunction, impotence and male fertility, fever, hangover, and asthma. *Panax ginseng* is also used for bleeding disorders, loss of appetite, vomiting, colitis, dysentery, cancer, insomnia, neuralgia, rheumatism, dizziness, headache, convulsions, disorders of



pregnancy and childbirth, hot flashes due to menopause, and to slow the aging process. It may also improve your overall being.