

SIBERIAN GINSENG

(Eleutherococcus senticosus)

Clinical Summary

Actions

- Adaptogen
- Immunomodulator
- Antiviral
- Mild Stimulant
- Tonic

Indications

- Tonic in cases of decreased performance
- Prophylactic and restorative tonic
- Convalescence during recovery from acute or chronic disease, trauma, surgery and other stressful episodes
- Increases the body's resistance to stressful exposures
- Adjunctive cancer treatment

Traditional Use

In Russia, Siberian ginseng was originally used by people in the Siberian taiga (sub-arctic) region to increase performance and quality of life, and to decrease infections. In the 1950s the term adaptogen was coined by Soviet scholars and they considered Siberian ginseng to be one of the most important adaptogens after Korean ginseng (*Panax ginseng*). It can invigorate qi (vital energy), strengthen the spleen and nourish the kidney in the theory of Traditional Chinese Medicine. Siberian ginseng was first introduced into the American herb market in the late 1970s, as Wuchaseng and Wujiaseng, and it became commonly known as Eleuthero.

Energetics

Warming.

Constituents

Carbohydrates: Polysaccharides (glycans); some have been referred to as eleutherans. Galactose, glucose, maltose, sucrose, methyl-alpha-D-galactose (eleutheroside C); Phenylpropanoids: syringin and its monoglucoside (eleutheroside B), caffeic acid, sinapyl alcohol, coniferyl aldehyde; Lignans: sesamin (eleutheroside B4), syringoresinol and its monoglucoside (eleutheroside E1) and diglucoside (eleutherosides D and E); Triterpenoids: hederasaponin B, betasitosterol and its glucoside daucosterol (eleutheroside A), betulinic acid; Coumarins: isofraxidin and its monoglucoside (eleutheroside B1); Vitamins: vitamin E, provitamin A (betacarotene); Essential oil: 0.05% including isocaryophyllene and caryophyllene oxide.

Use in Pregnancy

Safety during pregnancy and lactation has not been established. In the absence of sufficient data, the use during pregnancy and lactation is not recommended. It is not traditionally used in pregnancy.

Contraindications and Cautions

May cause insomnia in some people if taken too close to bedtime. People with hypertension should be monitored.

Drug Interactions

Caution with alcohol, central nervous system depressants, digoxin, lithium and immunosuppressant drugs. Monitor with anticoagulant/antiplatelet and antidiabetic drugs. May be beneficial in chemotherapy – medical supervision recommended.

Administration and Dosage

Liquid extract 1:1 in 45% alcohol
15 to 40mL weekly