

# Ginseng Health Benefits

Ginseng is used in a very popular health drink in several Asian countries including China, Japan, and Korea. It has medicinal abilities and a distinctive taste. The Chinese term “jen-shen” which means in the image of man, is where the word ginseng came from. Ginseng is in reference to a group of herbs from the plant family Araliaceae. The three main types of ginseng are American ginseng (*panax quinquefolius*), Oriental ginseng (Chinese or Korean), and Siberian ginseng (*Eleutherococcus senticosus*).



According to traditional Chinese medicine each type has their own distinctive benefits. Ginseng contains complicated mixtures of carbohydrate and nitrogenous compounds in addition to other important minerals and vitamins. Research has found ginsenosides compounds as the main active component in ginseng. Ginseng is very useful for respiratory tract

disorders, improvement of blood circulation, and fever because it has a cooling effect. Research has shown that the active component in ginseng called ginsenosides is responsible for the health benefits of ginseng. Because of the health benefits ginseng possess people all over the world is using it as an alternative medicine.

People consume ginseng in many different ways. Some people consume it through a health beverage while others may consume it in a ginseng candy that is sold in a lot of health food stores and some may use ginseng in their tea. Throughout Asia people drink a ginseng health beverage. It is believed that ginseng assists with the following: helps prevent diabetes, increase stamina, detoxify poisons, decrease effects of alcohol intoxication, treat the flu, increase secretion of body fluids, decrease fatigue, help liver to regenerate, prevent coughing, prevent asthma, increase formation of red blood cells, helps get rid of anemia, prevent tuberculosis, treat infections, increase the strength of the gastrointestinal system, helps prevent neuroses, get rid of hangovers, and normalize pulmonary functions.



Ginseng is also used to increase mental and physical performance and fights mental and physical stress. Studies have shown that people who consumed ginseng supplements were able to overcome higher levels of physical and emotional complications. Regular consumption of ginseng can decrease the chances of developing cancers such as liver, lungs, and ovaries and can make you feel better and more alert. It may also improve memory. Some consumers of the ginseng health beverage may add ginkgo biloba, a healing ingredient.

Regular consumption of ginseng can treat impotence, improve sexual performance, and assist in increasing sperm production. Research shows that ginseng promotes the release of nitric

oxide and improves blood flow to the penis, which improves sexual performance and pleasure. More research is still being done to learn more about ginseng effectiveness for medicinal purposes.

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