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# Herbs List

*A Guide To Medicinal Herbs*

« *Korean Ginseng*

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## Siberian Ginseng

By [Herbs List](#) | Published: 05/09/2011



Siberian Ginseng Plant

## Siberian Ginseng Benefits

Siberian ginseng, also known as Eleuthero, is considered as a normalizer, stress reducer and energizer. It has been traditionally used to negate stress and fatigue. It is often used as a tonic to invigorate a person physically and mentally.

It's considered an "adaptogen". An adaptogen is a substance that reduces the effects of mental and physical stress and can help the user in a general, non-specific way.

Siberian ginseng became popular in the West in the 1950s, when a Russian scientist (I. I. Brekhman) found that it had great power as a stress reducer. Men and women taking this

Herb had much better physical ability and resistance to disease. It was also found to increase mental clearness.

It affects the adrenal glands in a positive way. These glands are found directly above the kidneys and produce stress fighting hormones.

The adrenal glands are very important to good health. The body uses them to regulate metabolic functions, aid the immune system and regulate energy levels. The eleutherosides contained in Siberian Ginseng brings these glands back into balance and helps them to work more efficiently.

This type of ginseng is also very beneficial to the circulatory system. It helps maintain healthy blood circulation, distributing oxygen and other important nutrients efficiently to the body and brain.

This herb is a powerful immune system booster. Many people who take it regularly seldom get sick. It can help the body fight off illnesses like the common cold, flu and others. Without a strong immune system, there is little chance for good health. That's why taking Siberian Ginseng does such a great job at keeping people healthy. It would be worth taking it for this benefit alone.

Siberian Ginseng is very popular with people suffering from Chronic Fatigue Syndrome and other forms of exhaustion. It has the ability to relieve tiredness of the mind and body. This isn't something that happens overnight. This herb should be taken every day, as the effects will increase over time.

In a German study, subjects taking a Siberian Ginseng extract experienced many immune system benefits. It had a very beneficial effect on the immune cells, increasing their numbers and effectiveness.

This herb is also very popular with athletes, as it increases strength, endurance and concentration. No wonder it is used by the Olympic athletes in Russia, as well as their cosmonauts in space. These benefits are very important to anyone who has to endure long and hard physical and mental tasks.

Because of its concentration and memory enhancing effects, it is often taken by college students preparing for exams. It seems to help organize thoughts and make learning a new subject easier.

## If You Are Over 30

If you are over 30, you'll want to take some GF20 with this. Then you'll be able to run circles around people your own age. [What is GF20?](#)

## Siberian Ginseng Uses

- Enhance mental concentration
- Enhance memory and learning ability
- Prevent inflammation
- Relieve the symptoms of fibromyalgia and chronic fatigue syndrome (CFS)
- Reduce stress and fatigue
- Restore energy
- Treat insomnia
- Enhance athletic performance
- Increase male and female fertility
- Relieve the symptoms of menopause and menstrual disorders
- Treat Alzheimer's disease
- Strengthen the respiratory system
- Help the liver detoxify dangerous toxins
- Combat the damaging effects of free radicals and some types of cancer
- Increase resistance flu and colds
- Promote a good appetite
- Prevent abnormal blood clotting
- Treat low testosterone in men
- Combat the effects of radiation and chemotherapy
- Combat the effects of aging
- Improve the functioning of the immune system and for overall health improvement
- Reduce the symptoms of anxiety and depression

## Scientific name

*Eleutherococcus senticosus*

## Common names

Siberian ginseng, eleuthero

## Where It Grows

This plant is native to Russia, China and Korea

## Which Part Of The Plant Is Used

The root, root bark and stem



## Dried Siberian Ginseng Root

### How It Works

Even though it's known as Siberian Ginseng, it's not related to Korean or American ginseng in any way. It contains no saponins, ginsenosides or panaxosides. It does contain components called eleutherosides. These are what imparts it's medicinal benefits.

Siberian Ginseng regulates protein metabolism, energy and nucleic acid in the body's tissues. When the body experiences stress, a substance in the blood is generated. This substance interferes with the normal activity of the cells.

Siberian ginseng counters this process and allows the body's cells to act normally. Basically this means that Siberian ginseng controls the most important processes of energy production in the body and helps send energy where it's needed most.

### How It's Used

Siberian ginseng may be used by grinding and made into tea or by boiling the root in water (called a decoction). It may also be extracted in alcohol (called a tincture) or put into capsules that contain the pulverized root. It is also sold as a liquid extract.

### Precautions and Side Effects:

Siberian ginseng should not be taken if pregnant or nursing without consulting your doctor. People having high blood pressure should talk with their doctor before using because it may reduce the need for medication. Siberian ginseng is considered a cooling herb and is best taken in the warmer months. Korean ginseng is considered warming, and is better suited for the colder months. It should not be given to children.

### Description and History Of Siberian ginseng

Siberian ginseng is a shrub that can be found at the foot of cliffs and in oak groves and has in the past, been used to prevent flu and colds. It's also a powerful energy booster and used for vitality and longevity.

It's frequently used in Russia as an "adaptogen." An adaptogen is any substance that can prevent physical and mental stress. It is largely used as an energy tonic in China and has been popular since ancient times. It has been used for about two thousand years. It became popular again when found in Siberia in 1855.

### Editor's Comments

I take Siberian ginseng right before I have any hard physical or mental work to do. Unlike the other ginsengs, the effects of Siberian ginseng can be felt on the first dose. It will give you a boost of energy and enable you to work harder and longer.

It's great for mental work too. Students can use it to study and on test day with great results. If I know I'm in for a stressful day, like a holiday get together, I always take this type of ginseng in the morning and at lunch time.

## Recommended Product

Click Picture For Price and Description



## References

[University of Maryland medical reference – Siberian Ginseng](#)

[Eleuthero overview](#)

[Nutritional Reviews – Ginseng](#)

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- Herb List and Health Conditions



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The study did not measure for a direct increase in HGH.

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