Asian Ginseng and Diabetes

The common name for the Asian ginseng is Asian ginseng, Chinese ginseng, Korean ginseng and Asiatic Ginseng. Also, the botanical name is panax ginseng. The active compound in the chemical is the ginsenosides or the panaxosides that are believed to bear the treatment properties of the herb. (1) For centuries, the Asian ginseng has been used as the herb to support overall health and boost the immune system. The ancient societies used Asian ginseng to improve the health of recovered patients. Also, used include improvement with increase mental and physical performance, to treat hepatitis Erectile dysfunction, and symptoms related to menopause.

Some researchers claim that the Asian ginsen plays an important role in reducing the blood glucose levels. It has also been linked to improve the health condition of its users. The prolonged use of drug however has been proved to bear a number of side effects. The most common ones include drowsy, headache and gastrointestinal problems. The drug has been recorded to have allergic reactions to some of its users. In women, it has been found to cause irregularities on the menstrual cycles and breast tenderness (1). The drug reduces the glucose levels in the bloodstream thus the diabetes patients that are on medication should be cautious in using the Asian ginseng.

According to the article Null and Opposing Effects of Asian Ginseng (Panax ginseng C.A. Meyer) on Acute Glycaemia: Results of Two Acute Dose Escalation Studies, there were different opinions on the glycemic-lowering effects of Asian ginseng. There have been randomized control trials, placebo-controlled, multiple-crossover design to show updated research concerning the aggregate treatment effect of Asian ginseng on plasma glucose and insulin. The experiment involved comparing Asian ginseng in two studies with 11 participants enrolled. The first participants are who received four " low-dose" treatment of the Asian ginseng. Second group participants are who received four " high-dose" treatment of Asian ginseng. The participants who reported at least achieve following alterations for plasma insulin, which is 93%, 100%, and 85%. Also achieve the plasma glucose with 99%, 100%, and 100% in different times (2). However, according to the result, regardless of pool-treatment, dose, and factors interaction with time was insignificant to influence the increase of plasma glucose and insulin. Also, from this experiment, the participant had some same symptom after eat a high dose Asian ginseng in a short period of time. The symptom include the bloating, belching, nausea, diarrhea, headache, anxiety, etc(2).

In conclusion, Asian ginseng is an herb that has been established to help in the treatment of diabetes; although the research on the herb is not conclusive. I encourage diabetes to use Asian ginseng in moderation because the high dose of them will cause discomfort and symptoms of allergy. I don’t encourage eating the Asian ginseng to lower the blood glucose level.

Reference