

# Ginseng

Laurel Chen

# Overview

Basic facts

Origin

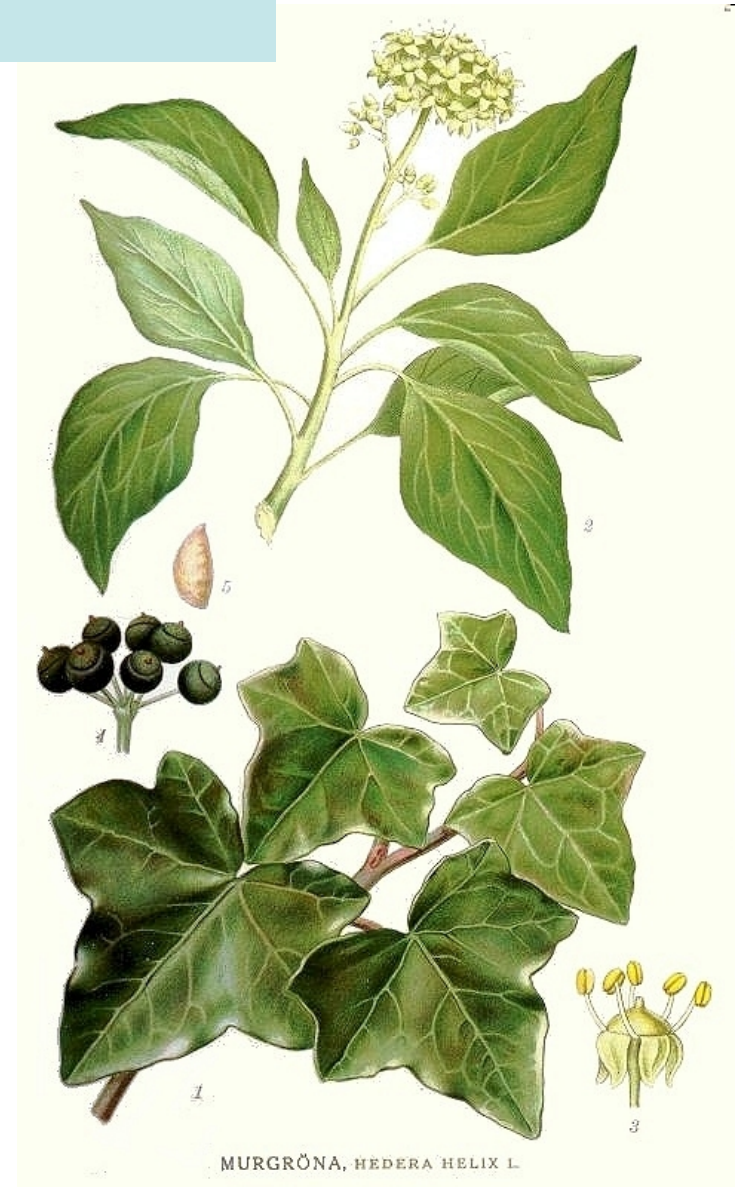
Ginsenosides

Reputed uses

Associated cultures

Scientific studies

# Araliaceae

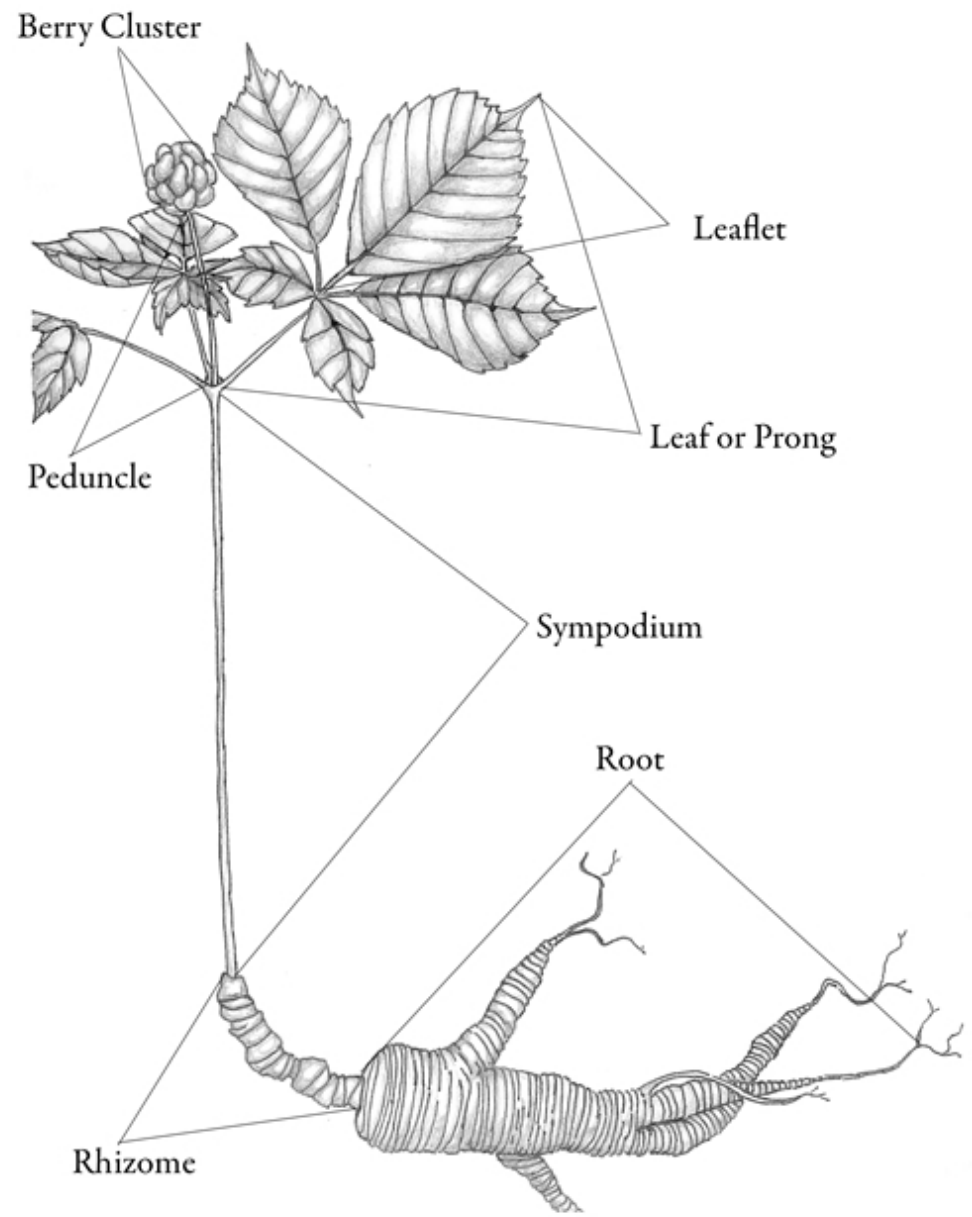


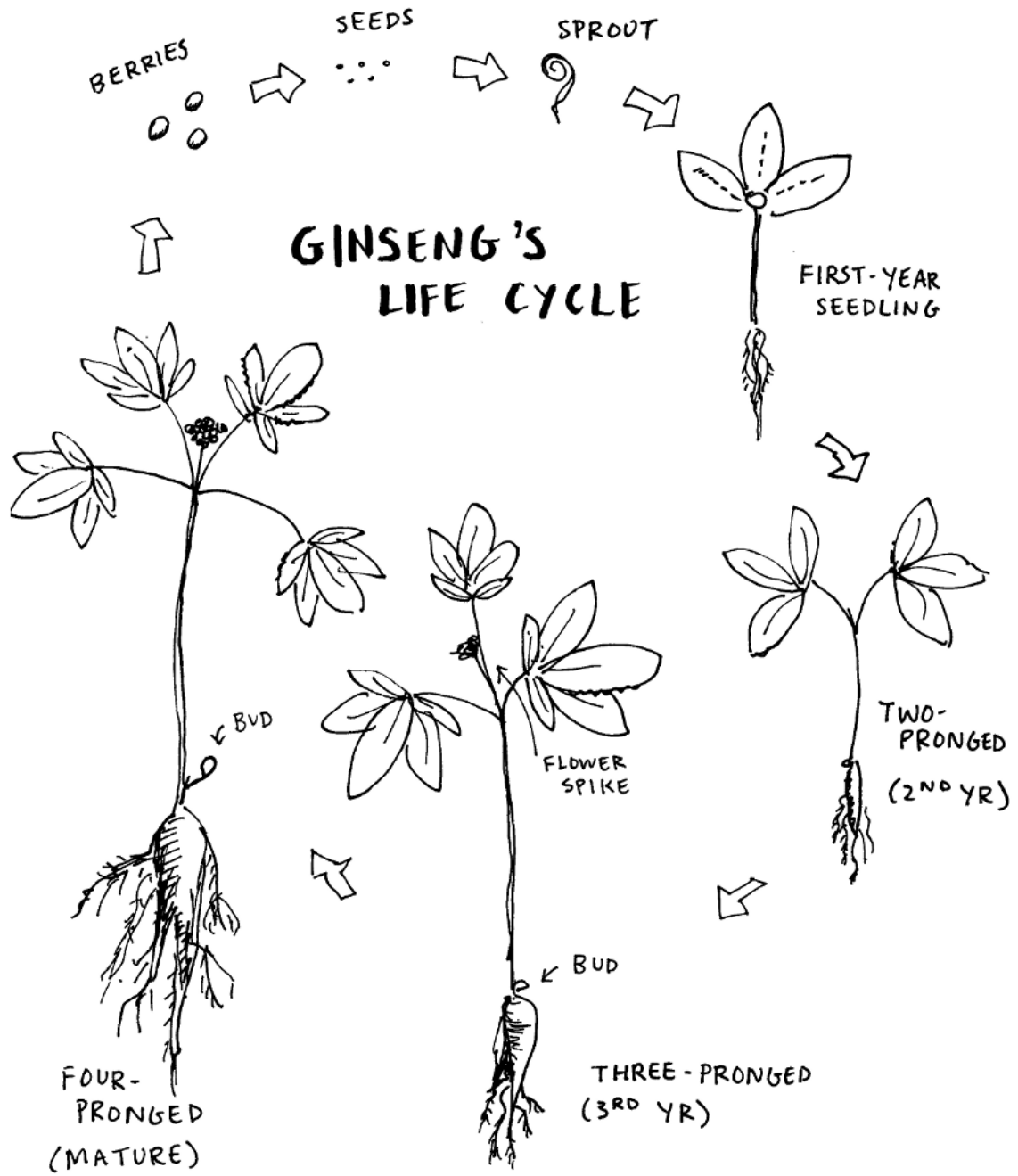
*Panax ginseng*  
**Asian ginseng**



*Panax quinquefolius*  
**American ginseng**







# GINSENG'S LIFE CYCLE

BY LAUREL CHEN  
 ADAPTED FROM [GINSENG-SEED.COM](http://GINSENG-SEED.COM)

Original distribution of  
**Asian ginseng**



# Distribution of American ginseng



Source: <http://plants.usda.gov>



# Mythical origin



# Discovery in America



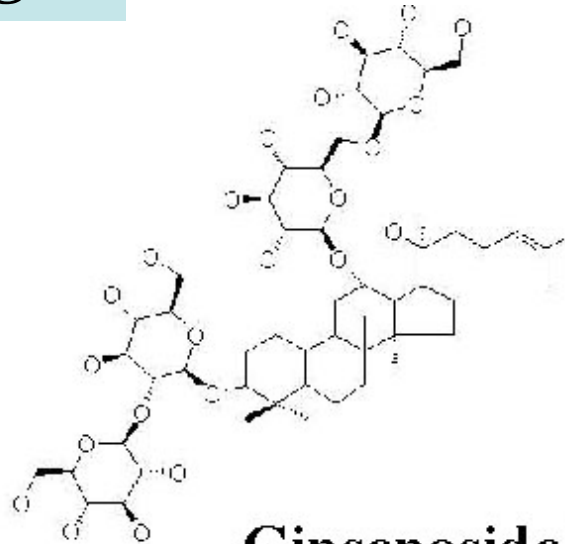
TABLE 1. COMPARISON OF CHINESE GINSENG AND AMERICAN GINSENG.

	Chinese Ginseng	American Ginseng
Species	<i>Panax ginseng</i> C. A. Mey	<i>Panax quinquefolium</i> L.
Common Names	Oriental Ginseng, Koren Ginseng	Occidental Ginseng, Strawberry Ginseng
Distribution	China and Korea	Eastern North America
Ginsenosides	Rb <sub>1</sub> , Rb <sub>2</sub> , Rc, Rd, Re, Rf, Rg <sub>1</sub> , Rg <sub>2</sub>	Rb <sub>1</sub> , Rb <sub>2</sub> , Rb <sub>3</sub> , Rc, Rd, Re, Rg <sub>1</sub> , Rh <sub>1</sub> , Ro, F <sub>2</sub>

*Suits et al. 2003, 145*

# Ginsenosides

Triterpene saponin  
exclusive to ginseng



**Ginsenoside Rb1**

# Medicinal Uses



Prophylactic

Aphrodisiac

Restorative

Adaptogen

Stimulant

Hepatoprotective

**There's Big Money In**

# **GINSENG**

**AND  
Golden Seal**

**If you ship to us—because we  
buy and sell more wild and culti-  
vated GINSENG than any other house in  
America, and always pay highest prices.  
Write for our price list of GINSENG and  
GOLDEN SEAL. It means more money for you.**

**David Blustein & Bro.**

162-164 West 27th Street

New York City



# Current Uses



# “Red Ginseng”

Steamed or sun-dried cultivated roots

Differential processing

Aphrodisiac; combats erectile dysfunction





# Science says...

Anti-cancer

Anti-HIV

Lowers blood sugar

