Did You Know There Are 29 Varieties Of Ginseng

Many people want to break the habit of taking prescribed medication for their ailments and to find a safe, natural alternative. The Chinese and Koreans have been using ginseng for thousands of years, and there is a growing interest in the West. Many claims have been made for the effects with science only supporting these up to a point. However, anecdotal evidence will say that consumers benefit. As with anything else, it should not be used universally. The advice is that it should not be supplied to pregnant women or to children. There has been a report that states that it should not be taken in conjunction with warfarin, the drug used to thin the blood for heart patients. There are twenty-nine varieties of the herb, including Siberian and Panax, which is said to be the strongest. Panax is not recommended for any prolonged period for premenopausal women. It grows in eastern parts of Asia and in America. Ginseng is generally sold in tablet or liquid form, the liquid being quicker to take affect. It may take a few weeks for any benefits to be felt fully. We live in stressful times and lots of people look to ginseng as a calming agent. Others find that it gives them more get up and go. This is the strange multiplicity that baffles scientists. It has been found to lower blood pressure in people who suffer from high blood pressure but also works to raise blood pressure when levels have been too low. This seeming ability to put the body back into balance cannot be achieved by any drug that has been invented. Other effects cited are its anti-inflammatory and anti-convulsant abilities. It's also said to give pain relief and to control cholesterol levels. Postmenopausal women have found it beneficial. Fitness enthusiasts and sports people often take ginseng, as it mimics some effects from steroids. The Chinese have used it as a love potion for hundreds of years. This isn't as fanciful as it sounds as trials have shown that ginseng has a positive effect on erectile dysfunction. There has been quite a lot of study into claims that it prevents the onset of the common cold. Certainly, subjects taking regular doses report that they suffered fewer colds than usual. Another study is looking into the possible effect on improving the memory. The debate will continue, as to the pros and cons, but it looks like ginseng is here to stay.

About the Author

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