

# Botanical Description and Medicinal Uses of Ginseng - A Review Paper

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**Abstract:** *Panax ginseng*, also called Asian ginseng, has long been traditionally used in east region of the Asia to treat various diseases. The major principal substances which have been shown to have a variety of medicinal effects, including anti-inflammatory, vasorelaxation, antioxidation, antidiabetic, anticancer and antiallergic is Ginsenosides is. So far, 40 ginsenosides components have been reported. Current research is concentrating on entire ginseng compounds, to work out the mechanisms of ginseng and ginsenosides. various *in vitro* and *in vivo* studied proved that ginseng has beneficial effects on cardiac and vascular diseases through efficacy, including modulation of ion channels, antioxidation, control of vasomotor function and signal transduction, enhancement of lipid profiles, regulation of blood pressure, improvement in cardiac function, and decrease in platelet adhesion.

This survey means to give important data on the customary employments of ginseng and ginsenosides, their helpful applications in animal models and people, and the pharmacological activity of ginseng and ginsenosides.

**Keywords:** Ginseng, Ginsenosides, Aphrodisiac, Therapeutic, Antibacterial, Electronic databases.

## I. INTRODUCTION

Ginseng, a perennial plant having a place with the genus *Panax* of the Araliaceae family, is notable for its restorative properties that help mitigate neurotic side effects, advance wellbeing, and forestall possible sicknesses. Among the dynamic elements of ginseng are saponins, the vast majority of which are glycosides of triterpenoid aglycones. Up to now, various saponins have been accounted for as parts of *Panax ginseng* called Korean ginseng.

## II. BOTANICAL CHARACTERS

In Greek language, the botanical genus name *Panax*, meaning all-healing as well as kings of herbs, contribute to the same origin as "panacea" and was applied to same genus because Linnaeus was already known its commonly use as a muscle relaxant in Korean and Chinese medicine system<sup>1</sup>. It is a perennial herb that grows in the mountains of East Asia. It is belonging to the family Araliaceae. The highly economical and medicinal valuable part of the plant is root. Although 17 *Panax* species are available around the world. there was a urgent need to develop disease resistance and different environmental friendly cultivars,. In South Korea and China therefore, 12 and 9 commercial *P. ginseng* cultivars have been index<sup>2</sup>. It is believed in Asia that it absorb energy from the earth crust, prolong life, tonify the five viscera, benefit the weakness and recover lost Qi<sup>3</sup>.

## III. ACTIVE PRINCIPAL COMPONENTS

Ginseng is found to have such main properties as ginsenoside, insulin-like acid peptides, acid polysaccharide, polyacetylene and anti-oxidative aromatic compound. 40 ginsenosides types contained in Korean ginseng compared to ginsenoside types contained in American ginseng (19 ginsenosides). Moreover, the quantity of non-saponin compounds as well as polyethylene compounds, phenol compounds acid and polysaccharides is higher in Korean ginseng, than Sanchi ginseng and American ginseng.

## IV. MEDICINAL USES

Retain the homeostasis of the body is the main use of ginseng as well as improved brain function, pain-relieving effects, anti-diabetic effects, increased immune system function, enhanced liver function, by the action of anti-tumor activity it prevents tumors, adjusted blood pressure, anti-fatigue and anti-stress effects, improved climacteric disorder and sexual functions, as well as anti-oxidative and anti-aging effects<sup>4</sup> are other pharmacological efficacy of ginseng identified by modern science.

**V. CONCLUSION**

It has many side effects like insomnia, nervousness, hypertension, diarrhea, restlessness. The main caution are acute illness with fever, women with unstable hormonal cycles. It has drug-Herb Interactions- Amoxicillin and Related Beta-Lactam Antibiotics and Warfarin and Related Oral Vitamin K Antagonist Anticoagulants, besides all the side effects and caution, It is generally regarded as safe.<sup>5, 6</sup>

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