

THE BENEFIT OF GINSENG



3. Increase energy levels

Ginseng may help you fight exhaustion and maintain your energy levels because it includes molecules called ginsenosides, which function in three ways which is Maintaining the equilibrium of your central nervous system so that it does not become overly agitated and drain your energy levels and Managing your cortisol levels, a stress hormone that can impair your energy levels. Ginseng also promotes focus and mental abilities, making an individual more intellectually active and attentive. As a result, ginseng aids in the relief of mental weariness. Several studies have discovered that oxidative stress is a major factor to persistent tiredness. Ginseng decreases free radical damage and aids in the reduction of oxidative stress. Furthermore, beneficial chemicals included in ginseng scavenge free radicals and serve an important function in tiredness prevention.

4. Cancer prevention

Ginseng has been shown to be beneficial against colon, stomach, hepatic, and prostate cancer. Ginseng reduces tumour growth and stops it from spreading to other regions of the body. Ginseng compounds reduce oxidative stress and inflammation, both of which play key roles in cancer development. It also aids in the removal of toxins from the body and results in the death of cancer cells. It relieves the tension, exhaustion, and anxiety associated with cancer and boosts energy levels. Thus, ginseng improves the quality of life and aids in the treatment of cancer.

What is Ginseng? Ginseng is a herbal plant which consist a lot of benefits for a human body. Formally, ginseng is used for create traditional medicine. It will take around 4 years for a fresh ginseng to be harvested. Since ginseng is a slow growing short plant, Farmers have certain period to harvest ginseng according time where fresh ginseng takes 4 years, white ginseng takes 4 to 6 years and red ginseng takes 6 to 1 year. This herb comes in many varieties, but the most common are American ginseng (*Panax quinquefolius*) and Asian ginseng (*Panax ginseng*). The concentration of active compounds and the effects on the body diverge between American and Asian ginseng. The Asian variety of ginseng is thought to have an energising effect, whereas American ginseng is thought to have a calming effect.

1. Aid in the prevention of colds and flu

Ginseng may boost your immune system, allowing your body to fight off infections such as colds and the flu. Ginseng root extract has been shown to have potent antiviral properties. However, the majority of existing research studies have been conducted in laboratories on animals or human cells. One small human study published in 2020 discovered that people who took two capsules of ginseng extract daily were nearly 50% less likely to contract cold or flu infections than those who took a placebo. Even if you're already sick, ginseng can help the same study discovered that ginseng extract reduced illness from an average of 13 days to six

2. Treat sexual problems

Recent study suggests that "ginseng may be an effective medication for treating erectile dysfunction" (ED). Ginseng can increase sexual excitement and relax the smooth muscles of the penis, resulting in an erection. 24 research shown that consuming ginseng supplements can greatly alleviate the symptoms of erectile dysfunction. Ginseng improves sperm quality as well as sperm count. Ginseng's presence of ginsenosides is thought to be responsible for this activity. Furthermore, studies have shown that ginseng can help cure erectile dysfunction when taken three times a day for two to three months.