ginseng (Panax ginseng) (jin-seng)

Other Names(s):
Asian ginseng, Chinese ginseng, huang shen, Japanese ginseng, Korean ginseng, red ginseng, renshen, white ginseng

Classification
Therapeutic: unknown assigned

Common Uses

Action
Main active ingredient is ginsenoside from the dried root. Serves as CNS stimulant and depressant. Enhances immune function. Interferes with platelet aggregation and coagulation. Has analgesic, anti-inflammatory, and estrogen-like effects. Therapeutic Effects: Improves mental and physical ability. May improve appetite, memory, sleep pattern. May reduce fasting blood glucose level in diabetic patients.

Pharmacokinetics

TIME/ACTION PROFILE
ROUTE ONSET PEAK DURATION
PO unknown unknown unknown

Contraindications/Precautions
Contraindicated In: Pregnancy (androgenization of fetus); Lactation; Children; Manic-depressive disorders and psychosis; Hypertension; Asthma; Infection; Organ transplant recipients (can interfere with immunosuppressive therapy); Hormone-sensitive cancers.

Use Cautiously in: Autoimmune diseases; Cardiovascular disease; Diabetes (may have hypoglycemic effects); Patients receiving anticoagulants; Bleeding disorders; Schizophrenia (may cause agitation).

Adverse Reactions/Side Effects
CNS: agitation, depression, diziness, euphoria, headaches, nervousness.
CV: hypertension, tachycardia, palpitations, palpation.
GI: diarrhea.
GU: amenorrhea, vaginal bleeding.
Derm: skin eruptions.
Endo: estrogen-like effects.
Misc: fever, mastalgia, Stevens-Johnson syndrome.

Interactions
Natural Product-Drug: May potentiate anticoagulant activity of warfarin. May interfere with MAO inhibitors, treatment and cause headache, tremulousness, and manic episodes. May enhance blood glucose lowering effects of oral hypoglycemics and insulin. May interfere with immunosuppressant therapy. Use with caution when taking estrogens.

Natural-Natural Products: May risk of bleeding when used with herbs that have antiplatelet or anticoagulant activities. May prolong the QT interval when used with bitter orange, country mallow, and ephedra and risk of life-threatening arrhythmias. May risk of hypoglycemia when used with herbs with hypoglycemic potential.

Drug-Food: May potentiate effects of caffeine in coffee or tea and CNS stimulant effects of mate.

Route/Commonly Used Doses
PO (Adults): Capsule—200–600 mg/day; extract—100–300 mg 3 times daily; crude root—1–2 g/day; infusion—1–2 g/3–4 cups; infusion—1/2 tbsp/cup water; up to 3 times daily. (P. ginseng tea bag usually contains 1500 mg of ginseng root). Do not use for longer than 3 mos. Cold/flu prevention—300 mg daily 4 weeks prior to influenza vaccination and continued for 8 weeks; Chronic bronchitis—100 mg BID for 9 days combined with antibiotic therapy; Erectile dysfunction—900 mg TID; Type 2 diabetes—200 mg/day.

NURSING IMPLICATIONS
Assessment
- assess level of energy, attention span, and fatigue person is experiencing prior to initiating and periodically during therapy.

+ = generic drug name  H = Genetic Implication  OPT选 indicates list-limiting abbreviation indicate most frequent  discontinued
Assess appetite; sleep duration; and perceived quality, emotional lability, and work efficiency prior to and during therapy.

Patients with chronic medical problems should not use this herb without the advice of a health care professional.

Assess for ginseng toxicity (nervousness, insomnia, palpitations, and diarrhea).

Monitor patients with diabetes more frequently for hypoglycemia until response to the agent is ascertained.

Assess for the development of ginseng abuse syndrome (occurs when large doses of the herb are taken concurrently with other psychomotor stimulants such as coffee and tea. May present as diarrhea, hypertension, restlessness, insomnia, skin eruptions, depression, appetite suppression, euphoria, and edema).

Potential Nursing Diagnoses

Energy field disturbance (indications)
Insomnia (indications)

Implementation

May be taken without regard to food.

Take at the same time daily and do not increase dose above the recommended amount because of potential toxic effects.

Patient/Family Teaching

Warn patients with cardiovascular disease, hypertension or hypotension, or on steroid therapy to avoid the use of this herb.

Caution pregnant or breast-feeding women to use this herb.

Instruct patient in the symptoms of ginseng toxicity and to reduce dose or stop use of the herb if they occur.

Instruct patient to limit the amount of caffeine consumed.

Explain patients with diabetes to monitor blood sugar levels until response to this agent is known.

Inform patient that the recommended course of therapy is 3 wk. A repeated course is feasible. Do not use for longer than 3 mo.

Teach patient about the signs and symptoms of hepatitis (yellow skin or whites of eyes, dark urine, light colored stools, lack of appetite for several days or longer, nausea, abdominal pain) and to stop use of the herb and promptly contact health care professional if they occur. (This herb is hepatoprotective at low doses, but hepatotoxic at high doses).