

# *Panax pseudo-ginseng*

No Image

**Family:** Araliaceae

**Local/common names:**  
Ginseng, Korean Ginseng,  
Panax Ginseng, Salanay,  
Ginseng (Arunachal,  
Darjeeling) Manga-n,  
Tapmari, Panch patay  
(Nepal, Sikkim)

**Trade name:** Ginseng

**Profile:**

*Panax pseudo-ginseng* belongs to the family, Araliaceae. All members of the genus *Panax* have some variant of ginsenosides, in different amounts. The plant species is found in East Asia from China to the Himalayas and Burma. *Panax pseudo-ginseng* also contains a medicinally active substance called trillinolein, which is sometimes present in olive oil. It is one of the most traded medicines in the world. The species is naturally found in Northeastern India. The parts that are used for medicine are the dried rhizome. Ginseng is considered as threatened and is classified as an endangered species.

**Habitat and ecology:** Occurs in the altitudinal range of 2,100-4,300m in forests, shrubberies, woodland, dappled shade and in shady edges in the humus covered forest floor. This species is distributed in India, Nepal, Bhutan, Burma and South West China. Within India, it has been recorded in Uttarakhand (Pithoragarh district), Sikkim, West Bengal (Darjeeling), Meghalaya (Khasia Hills- 5,000 ft.) and Arunachal Pradesh (Kameng, Subansiri, Tirap; 1,500-2,000 m.). In Tawang district in the humus covered shady forest areas above Mermagyalm area near T-Gompa, Womginla at above 3500m and at Zangmirbu (at 2600m).

**Morphology:** An erect perennial with a stem 15-38 cm, topped by a whorl of 4-6 digitate leaves, each with usually 4-6 leaflets, and usually one long-stalked, terminal, globular umbel of greenish-yellow flowers, 1.5-3 cm. there are five petals that are ovate, overlapping in a bud. The ovary has 2-5 styles. Leaflets are lanceolate, long-pointed, saw-toothed, 5-15 cm, with scattered bristles on upper surface. The rhizome is thick. The fruit is globular, shining red, or half red and half black.

**Distinguishing features:** It is an erect perennial herb with 5-6 digitate leaves lanceolate leaflets and greenish yellow flowers.

**Life cycle:** Flowering takes place in June-July and fruiting takes place in August-September.

**Uses:** The herb is in fact a medical panacea. It is used as CNS (Central Nervous System) depressant and tranquilizer. It relaxes agitated nerves. Ginseng is an excellent treatment for insomnia, anxiety and poor appetite. The plant is locally known as effective vitality enhancer if the patient has weakness, poor immunity, is under prolonged stress or any kind of chronic disease. It is a hypotensive, improves gastrointestinal motility and acts as an immune system stimulant. The dried rhizome increases synthesis of cholesterol in liver. It helps to regulate blood sugar and lipid levels and also regulates adrenal gland function. The roots and flowers are anti-bacterial and anti-inflammatory, diuretic, haemostatic and hypoglycaemic. The roots are locally used in Arunachal Pradesh both internally as well as externally in the treatment of nosebleeds. Ginseng when taken internally treats lung, digestive system and uterus haemorrhages. The flowers are used to treat vertigo and dizziness. Locally in the East Indian Himalayas the species is traditionally used as herbal tea while in China the roots are chewed and used as a flavouring agent in preparing herbal tea. 1-2 g dried powdered rhizomes of about 10-12 years of age are regularly taken orally in case of nervous problems, debility or sexual inadequacy. Ginseng also has anti-aging properties. *Panax pseudo-ginseng* acts as a myocardial protective agent and is reported to have anti-cancer and antioxidant properties. Ginseng is used is both in folk and modern medicine system and is popularly known as the elixir of life and is an extremely popular rejuvenating and revitalising tonic and considered as

a panacea. It is a famous Chinese herbal medicine, which has attained importance as a tonic medicine that supports the adrenal glands' function, production of corticosteroids and male sex hormones.

**Market rate:** Data not available