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Asian Ginseng

National Cancer Institute

Source

National Cancer Institute. *Asian Ginseng*. NCI Thesaurus. Code C69298.

The aromatic root of perennial herbs of *Panax ginseng*. Ginseng, used in traditional Chinese medicine and available as a nutritional supplement, is classified as an adaptogenic herb with multiple effects, many of them are regulatory in nature. It contains a complex mixture of saponins, ginsenosides and panaxosides. Although the mechanism of action is unclear, ginseng is reported to enhance the immune system and reduce fatigue.