

Ginseng (Siberian)

Botanical Name: *Eleutherococcus senticosus*

Family: Araliaceae

Energetics: Warming, adaptogenic

Taste: Bitter, slightly sweet, earthy

Actions: Adaptogen, immune modulator, energy tonic, stress support, circulatory stimulant

Overview

Siberian Ginseng is an adaptogenic herb that helps the body resist stress, boost energy, support immune function, and improve mental and physical stamina. It is distinct from Panax ginseng and is generally milder in stimulant effects.

Uses

Internal Uses

- Supports stress adaptation and resilience
- Boosts energy and mental clarity
- Supports immune function
- Mild circulatory stimulant

External Uses

- Rarely used externally; can be infused in oils for tonic massage
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Medication Interactions

- May interact with blood pressure medications
 - May enhance stimulant medications
 - Use caution with blood sugar-lowering drugs
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Contraindications

- Pregnancy and breastfeeding: limited safety data
 - Hypertension or heart conditions: monitor use
 - Children: not recommended for long-term use
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Caution & Safety

- Moderate daily dosage
 - Avoid long-term high-dose use without supervision
 - Monitor for insomnia or increased heart rate
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Herbal Pairings

Blends Well With

- Astragalus (immune support synergy)
- Ginger (warming and circulatory support)
- Green Tea (mental clarity and antioxidant support)

Avoid Combining With

- Stimulant herbs or caffeine in high doses without guidance
 - Blood sugar-lowering herbs if on medication
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Possible Side Effects

- Insomnia or restlessness in sensitive individuals
 - Mild digestive upset
 - Rare allergic reactions
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Forms & Dosage

Tea / Decoction

- 1-2 tsp dried root per cup water
- Simmer 10-15 minutes
- 1 cup daily

Tincture (1:5)

- 2-4 mL, 1-2 times daily

Capsules / Powder

- 300-500 mg, 1-2 times daily
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Siberian Ginseng is a gentle adaptogen ideal for supporting energy, stress resilience, and immune function. Moderate use is recommended for best results.

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