

# 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

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## 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.

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## 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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## Notes

Siberian Ginseng is a gentle adaptogen ideal for supporting energy, stress resilience, and immune function. Moderate use is recommended for best results.

*For educational purposes only; not intended to diagnose, treat, or cure any condition.*

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