

Wisconsin Ginseng can help boosting a clear thinking mind

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People nowadays live a busy, stressful life. Oxidative stress on the body might increase. Nerves might not function well. One of the pathogeneses of common neurodegenerative diseases such as Alzheimer's disease and Parkinson's disease, is oxidative stress

Wisconsin ginseng is a familiar, great health product. It has components that protect brain nerves. These components are mainly Rb1 and Rg1. Their capabilities include anti-oxidation, anti-apoptosis, anti-neuritis and regulation of release of brain neurotransmitter. Let a dietitian show you if it is helpful for you to use American ginseng for preventing brain neurodegeneration.

Humans can't avoid organ hypofunction and memory loss when aging. Elderly people might encounter problems caused by dementia, decline in behavior and brain degeneration. Alzheimer's disease is the most common neurodegeneration disease. It slows down the activity of acetylcholine transferase and reduces the synthesis of acetylcholine, which plays an important role in nerve transmission.

In 2016, there was a study about using American ginseng extract to improve the cognitive function of Alzheimer's disease. An *in vitro* and an animal experiment were carried out. It was found that American ginseng extract protects cells while enhancing the gene expression of acetylcholine transferase. In the animal experiment, American ginseng extract improves the damaged cognitive function of mice. In the meantime, American ginseng extract recovers neurons and increases acetylcholine concentration. Therefore, American ginseng extract has a potential to improve Alzheimer's disease [2].

People nowadays live an intense life. We have a poor sleep quality or even suffer from insomnia. Brain nerve cells might be damaged over time. In 2016, a study explored to what degree can American ginseng extract improve the anxiety due to lack of sleep. In the experiment, researchers fed some mice with American ginseng extract and made them stay up for 72 hours. The mice suffered from insomnia show dyskinesia and anxiety. The pro-inflammatory substances in their brain increased. The negative impact on mice that have taken American ginseng extract has been improved. This shows that American ginseng extract might be able to protect the brain nerve cells damaged due to life stress if taken for daily health care [1].

In a 2010 study, a total of 32 healthy volunteers were recruited to join an experiment by taking American ginseng extract to improve mood and brain neurocognition. It is found that people feel calm and positive after taking American ginseng extract. Mental fatigue is decreased. People improve their memory and become more focused at work. This shows that healthy people can take American ginseng for general health care. Besides calming down, people can perform better at work [3].

American ginseng is beneficial to patients with brain neurodegeneration, people under high stress, and even healthy people. Wisconsin ginseng is a great choice for buying healthy food for daily use.

Reference:

1. Chanana, Priyanka, and Anil Kumar. "GABA-BZD receptor modulating mechanism of panax quinquefolius against 72-h sleep deprivation induced anxiety like behavior: possible roles of oxidative stress, mitochondrial dysfunction and neuroinflammation." *Frontiers in neuroscience* 10 (2016): 84.
2. Shin, Kyungha, et al. "Cereboost™, an American ginseng extract, improves cognitive function via up-regulation of choline acetyltransferase expression and neuroprotection." *Regulatory Toxicology and Pharmacology* 78 (2016): 53-58.
3. Scholey, Andrew, et al. "Effects of American ginseng (*Panax quinquefolius*) on neurocognitive function: an acute, randomised, double-blind, placebo-controlled, crossover study." *Psychopharmacology* 212.3 (2010): 345-356.

花旗蔘給你思緒清新的高戰力

現代人處於忙碌高壓的生活下，可能導致身體的氧化壓力增加，會使神經無法維持正常運作，常聽聞的神經退化性現象，如阿茲海默症和帕金森氏症，其致病機轉之一就是來自氧化壓力。

威斯康辛州花旗蔘是目前耳熟能詳的保健養身聖品，其具有腦部神經保護作用的成分，主要為人蔘皂苷 Rb1 和 Rg1，能有抗氧化、抗細胞凋亡、抗神經炎症並調節腦部神經傳遞物質釋放。將花旗蔘使用於抗腦部神經退化是否有所幫助，就讓營養師帶你一探究竟。

人類在老化時免不了要經歷器官及記憶力的衰退，銀髮族更可能會面臨認知障礙、行為能力、腦部退化帶來的困擾，阿茲海默症是最常見的神經退化疾病，會造成乙醯膽鹼轉移酶的活性降低，並使在體內神經扮演重要角色的乙醯膽鹼合成減少。

然而在 2016 年一項以花旗蔘萃取物改善阿茲海默症的認知功能研究中，分別進行體外及動物實驗，發現花旗蔘萃取物可以保護細胞，並同時增強乙醯膽鹼轉移酶的基因表現；於動物實驗中使小鼠損害的認知功能獲得改善，同時恢復神經元的完整及增加乙醯膽鹼的濃度，由上述可得知花旗蔘萃取物具有改善阿茲海默症的潛力[2]。

現代人生活緊張造成睡眠品質不佳甚至是失眠的情形，也可能會對腦部神經細胞日積月累造成損傷，在 2016 年的研究中，花旗蔘萃取物對於因睡眠不足，導致的焦慮之改善程度；實驗中先讓小鼠食用花旗蔘萃取物，爾後剝奪 72 小時的睡眠，使失眠的小鼠表現出運動功能障礙和焦慮行為，且大腦中的促發炎物質增加，但另一組有食用花旗蔘萃取物的小鼠，其負面影響程度獲得改善的效果。由此可見，花旗蔘作為日常保健飲用，對於因生活壓力造成的腦部神經受損可能具有保護的效力[1]。

另外在 2010 年的研究中招募 32 名健康的志願者，進行食用花旗蔘萃取物改善情緒和腦部神經認知的實驗，發現會使人情緒感到較為平靜正向，能減少精神疲勞，並在工作過程中記憶會增強，注意力較集中。由此可知花旗蔘在健康人群中也能作為一般保健使用，除了能穩定自身情緒之外，更能在工作表現更佳[3]。

花旗蔘使用在腦部神經退化性現象患者、高壓力族群甚至是健康人都能有所助益，因此威斯康辛州花旗蔘是平日購買保健食品或食品的良好選擇之一。