

Eleutherococcus senticosus

Siberian Ginseng

Family: Araliaceae

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Herbal Medicine Making for All
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Key Medicinal Actions and Uses

- **Adaptogen**
Aids in recovery from prolonged exhaustion and debility, resulting from overwork and long-term stress.
- **Tonic**
Assists the adrenal glands to help the body withstand stress, heat, cold, infection, or other stresses.
- **Stimulant**
Stimulates resistance from stress; improves athletic performance (stamina) and mental resilience during exams or physical stress (athletic training).
- **Immunomodulatory**
Aids recovery from chronic illness; helps to both prevent infection and maintain well-being.

Uses Pertinent to Preparations

Tincture: Quick administration of herb during busy or stressful periods; enters bloodstream immediately to yield fast-acting adaptogenic and tonifying properties via *eleutheroside* compounds (improves assimilation to improve systemic tone, increase strength of body organs, recovery from overwork and stress).

Hydrosol: The sedative properties of chamomile and lavender work in concert with the adaptogenic actions of Siberian Ginseng to help modulate the body's reaction to external and internal stressors. The water menstuum of a hydrosol is calming to the skin and allows it to soak up water-soluble constituents of the herbs; best to use when internal administration is not desired.

Capsules: Stimulant warms the body, quickens circulation, while its tonifying properties stimulate assimilation of nutrients; immune stimulation helps body deal with infections-- may shorten duration of common cold. Siberian ginseng pills are convenient to take during stressful times on the run (i.e. during exams). Excellent administration since flavor may be unpalatable to some. Consider short shelf life of powdered herb and gradual loss of medicinal value over time.

Preparation Instructions

I. *Eleutherococcus senticosus* (Siberian Ginseng) Tincture

To prepare a 1:4 (50%) tincture, which is standard for Siberian ginseng:

1. Weigh 50 grams of dried Siberian ginseng root.
2. For a 1:4 (50%) tincture, 50% indicates the percentage of alcohol used in the menstruum = 50% alcohol and 50% water. Use vodka since it is 100 proof = 50% alcohol. 200 mL glass container / 4 (for a 1:4 ratio of herb to menstruum) = 50 grams ginseng.
3. For a 200 mL menstruum, multiply 200 mL by 0.5 (% of alcohol desired). Divide by % of alcohol used (50%) = 200 mL vodka
4. Combine 200 mL of vodka with 50 grams of Siberian ginseng in a 200 mL glass jar.
5. Make sure the menstruum covers the herb by at least an inch to ensure the preparation won't turn bad.
6. Label, store in a cool, dark place.
7. Shake daily, allow to macerate for 14+ days.
8. Strain, press liquid out through cheesecloth or muslin using ricer or herb press.
9. Filter to remove any sediment.
10. Bottle in dark colored tincture bottles and label. Store in a cool place.



Source:
<http://siberianginsengextract.com/SiberianGinseng.jpg>

I. Anxiety-Be-Gone Hydrosol

- ❖ Eleutherococcus senticosus (Siberian Ginseng) dried chopped root, Matricaria recutita (German Chamomile) dried flower heads, Lavandula officinalis (Lavender) dried flowers

1. Obtain a clean steel or enamel 2-5 quart pot, a vegetable steamer with the center post removed, a small receiving bowl, a large plastic ziplock bag filled with ice, and a few sterilized bottles for storing the hydrosol.
2. Gather 2 ounces of each herb listed above, or enough to fill the bottom of a 2-5 quart steel pot with a 2 inch depth.
3. Cover the herbs with water to cover about 1 inch above the herbs; make sure there is enough water to cover fluffy herbs like the lavender.
4. Either allow to macerate for a couple of hours, or continue with next step.
5. Place vegetable steamer on top of water and herb mixture, fully opened.
6. Place receiving bowl in the center of the steamer.
7. Put the lid of the pot right-side-up and bring the herb and water mixture to a boil.
8. Once it has reached a boil, lower the heat to simmer, put the lid on upside down, and place a thick plastic bag full of ice on top of the lid (which is now turned upside down).
9. Allow ice to completely melt to allow for condensation of the plants' volatile oil vapors to collect in the receiving bowl. Watch stove to prevent ice bag from leaking on the stove.
10. Allow hydrosol to cool, pour into sterilized bottle, label and date.
11. Store the hydrosol in the refrigerator.

III. Happy Adrenal Capsules

1. Obtain at least 30 "00" caps (large in size, more suitable for adults compared to "0" which are smaller and appropriate for children or when administered very strong/low dose herbs).
2. Finely grind 1-2 ounces of Siberian ginseng (dried chopped root) using a Chinese herb grinder to obtain a very fine powder.
3. Place the powder in a bowl. Sift if necessary to ensure uniform consistency of powder.
4. Use 1 ounce of dried Siberian ginseng to fill 30 "00" caps. Separate the two halves of capsule and punch one half into the powder mixture until it is filled. Push the capsule ends together and proceed until the powder is gone.
5. Or, if processing a large number of capsules you can use an encapsulating machine, which will allow you to encapsulate a greater quantity of capsules in less time.
6. Store in a sealed, labeled container in a cool, dry place.

Directions for use

Tincture: Take 1/2 tsp. with water 3 times a day during stressful times.

Hydrosol: Spray your face or near your face to obtain optimal relaxation benefits, as many times as needed throughout the day. Especially beneficial after exercise or alternatively, use as a room spray when winding down for the day or during times of rest and relaxation.

Capsules: Take 1 capsule 1-2 times a day during stressful times. Internal administration is convenient to take before an exam, while traveling, or other stressful event.

CAUTION: Siberian Ginseng may raise blood levels of digoxin (heart medication), interact with prescription anticoagulants (warfarin) increasing the risk of bleeding, and increase the effects of sedatives (barbiturates). (Source: <http://www.umm.edu/altmed/articles/siberian-ginseng-000250.htm>)