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Ginseng : A Dietary Supplements as a Immune - Booster in Various Diseases

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Abstract: *Ginseng is a perennial plant belonging to the Panax genus of the Araliaceae family, has been used in China, Korea & japan as a traditional herbal medicine for thousands of years .Mechanistic studies suggest that ginseng , as dietary supplements plays a key role in disease prevention by modulating the immune function of human body. The root of Panax ginseng and Panax quinofolius are commonly known as Ginseng. Ginseng species and species and ginsenosides and their intenstinal metabolism & bioavailability are coincisely introduced.Ginseng roots are well known for their high content of saponins, ginsenosides, phenolic compounds, including carbohydrates and carotenoids. .Many active compounds can be found in all parts of plant, including amino acid, alkaloids, phenols, protein, polypeptide & vitamin B1 & B2 .Ginseng has been used to increase physical endurance & lessen fatigue, to improve ability of cope with stress and to improve concentration.*

Keywords: Panax ginseng, American ginseng, Dietary supplement, vaccine Adjuvant, Acquired immunity, cytokine

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