

ELEUTHERO

Botanical Name:

Eleutherococcus senticosus

Common Names:

Siberian ginseng, Devil's shrub, Wild Pepper, Shigoka, Taiga

Parts used:

Roots and rhizomes (stems)

Active Components:

The main chemical compounds identified are eleutherosides, a large group of substances that are part of triterpenes. Other compounds found in Eleuthero are flavonoids and lignans.

Looks like:

The plant is a 2 to 3 m high shrub with branches thickly covered with pale, thorny bristles. The leaves are long-stalked and palmate and the umbrella-shaped flowers later bear fruit (black, oval berries).

Where it's grown:

Eleuthero is indigenous to Siberia and northern China; later it began to be cultivated in Korea and Japan.

History:

The herb has been extensively used in Russia and, according to Chinese medicine records, for at least 2,000 years in China. It was believed to provide energy and vitality as well as stimulate the immune system and prevent respiratory tract infections. Eleuthero was also employed to restore concentration and memory, and as a remedy for stress-related illness and fatigue.

Use:

Eleuthero is recommended as a tonic in times of fatigue and during convalescence. Pharmacologically active compounds of this plant have been a focus of an on-going research that has so far shown wide variety of effects: antioxidants activity, anti-cancer action, lowering cholesterol, immunostimulatory effects, anti-inflammatory and anti-pyretic activity, to name but a few.

This is a write up on Eleuthero for the Newsletter. Originally, it was called Siberian ginseng but now the only scientifically acceptable name is Eleuthero.

Re: pic – it will be under Siberian ginseng.

