



Here's A New Reason to Love Ginseng!

A new-found benefit of ginseng has the scientific community buzzing with excitement. **In a first finding of its kind, scientists have discovered that ginseng can enhance the regeneration of skeletal muscle and heart muscle!**

Why does it matter? Because all of us will grow old. Our muscles degenerate with age, be it skeletal muscles that support and move our bodies, or our heart muscle that keeps pumping 24/7 to keep us alive. While we cannot stop aging, we want to slow down the signs of aging and have a great quality of life in our old age.

If we can encourage the regeneration of skeletal muscle and heart muscle, then we might have a better chance of retaining our youth into old age. Strong muscles mean less frailty and a lower risk of falling. With a strong heart muscle, we can live and enjoy life more fully.

And ginseng might just be the answer to our prayer, thanks to its active components—ginsenosides.

Researchers have found that ginsenosides can induce myoblast proliferation, thereby enhancing skeletal and heart muscle regeneration.

Muscle Up

Myoblasts are the precursor cells for muscle cells. The more myoblasts we have, the more potential muscle has of growing. For example, if we want to grow more muscles or stronger muscles, then we want to encourage the growth of our myoblasts, which, in turn, can lead to greater muscle size and weight.

A Heart for Ginseng

Aging is often linked to heart muscle disorders, such as sarcopenia (muscle degeneration due to old age) and heart attacks. Myoblasts can promote the growth and regeneration of heart muscle. This can also benefit heart attack patients because a part of their heart muscle dies during a heart attack; the dead portion is often replaced by scar tissue, not new muscle.

This research is published in March 2020 by a journal from Nature Research.

Other Benefits of Ginseng

Other studies show that ginsenosides may enhance bone formation. Ginseng saponins, such as CPP531 and CPP532, may help prevent premature skin aging. Ginsenosides have also been previously reported as having anticancer and antiviral activities.

<https://www.nature.com/articles/s41598-020-61491-4>

Kim AR, Kim S-W, Lee B-W, Kim K-H, Kim W-H, Seok H, et al. Screening ginseng saponins in progenitor cells identifies 20(R)-ginsenoside Rh2 as an enhancer of skeletal and cardiac muscle regeneration. Scientific Reports 2020;10. doi:10.1038/s41598-020-61491-4.