

POSSIBILITIES OF REMISSION IN PSYCHOSOMATIC GERIATRICS

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Introduction

Today nearly all European countries are producing GINSENG but people all over the world prefer Korean Ginseng to the other nations products for its high quality which is ranked as the best in the world.

Even in our country Ginseng is building up a new image, which is due to the scientifically, chemically attested efficacy of Ginseng. Once a bit laughable called a "wonder drug"—it has become a serious remedy until now. The former physicians stated that Ginseng had a tranquilizing effect on the brain, soothed nervous irritation, helped concentration, improved memory, and lengthened the life span. But why is the western scientific beginning to take Ginseng seriously not until now?

In 1975 Dr. I.I. Brekhman, of the Department of the Physiologie and Pharmakologie of Adaptation, Institute of Marine Biology, Far East Science Centre, U.S.S.R., Academy of Science, in Vladivostok,—wrote in his well known study: "Ginseng has been used as a remedy for fivethousand years. During those fifty centuries, numerous generations, social systems, medical doctrines, and medicines have sunk into oblivion. Yet, Ginseng still exists. It exists despite the fact that science not only ignored, but rejected it."

Later on he is giving an explanation for the effectiveness of such a sublime folk medicine like Ginseng: "Ancient medicine did not understand the essence of many illnesses and had no specific means for their treatment. This resulted in a large number of effective means possessing generally tonic and healing effects. We have forgotten about them, being intoxicated by the successes of chemotherapeutics and antibiotics. Yet many of the disappointments of modern remedial therapeutics force us to resort again to the cures of our forefathers."

This was in April 1975 during the Symposium on Gerontologie, held in Lugano. Half a year before in Octobre 1974 there was another really interesting individual of the renewed interest in Ginseng on the part of Western scientists, when you held the International Ginseng Symposium in here.

Chemistry

The real definition of the chemical composition of the Ginseng root and the determination of the structures of its main components are especially due to the work of Kochetkov and Shibata. These components are represented by triterpenic, bisdesmosidic saponines, having as aglucones oleanolic acid, protopanaxadiol and protopanax-

atriol and as sugar chains, glucose, ramnose, arabinose variously combined one with another. As it is not the case with oleanolic acid, protopanaxadiol and protopanaxatriol have been found in nature in a glucoside form only in Ginseng, so that they constitute a class in itself of steroid triterpenic saponines. In order to differentiate them, each saponin (ginsenoside) has been assigned a non specific initial R followed by a letter of the alphabet and by numbers, representing the R_f sequence of the spots in a given chromatogram.

The species which is supposed to be official is *Panax ginseng* C.A. Meyer; only the roots of the plant are used, at four to six years of age. Only in these roots the components are in the correct relationship which is necessary for the equilibrating action of Ginseng to take place. The modern pharmacologie requires a rigorous standardisation in the preparation of all extracts, based on qualitative and quantitative controls in order to produce a drug with constant action and characteristics.

So *Panax ginseng* corresponds to the highest scientific standard.

Pharmacology

The wide popularity of Ginseng has stimulated pharmacologists and clinicians, physiologists and other medicine specialists to research the properties of this plant. Researches has accomplished in two directions: the study of animal and human behaviour after administration of Ginseng, and the observation of the reactions in the central nervous system.

One of the first tests, conducted by Brekhman, prove that the Ginseng extract increases physical efficiency and adaptation in animals put in unfavorable living conditions. These results were even more brilliant if Ginseng was administered regularly for several days. Since that time we talk about a Ginseng cure (medical treatment).

Hong et al. conducted their experiments by treating animals with graduated quantities of the substance and have come to the conclusion that

smaller dose of Ginseng saponins can act as a stimulant of the central nervous system, while higher quantities induce depressing effects. These results are a matter of a reflex caused by a specific psycho-pharmacological action.

To demonstrate these specific psycho-pharmacological action, Siegl (from the Institute of psychological geriatrics, Salzburg) made analysis of a therapeutical remedy's potentiality to increase the psychical capacities of aged people. These analysis was target of a double-blind-study with sixty probands and a hundred days of medication. The main results of this psychological investigation indicate possibilities of restoring already impaired psychical faculties and further a given starting point on significant higher level of vigilant-consciousness - within the meaning of selective, flexible, concentrated and open attention of older patients for all interventions, that encounter the ageing of the human psyche and a positive effect of remedy within the field of psychosomatic diseases. As the summary of his sublime study, Siegl conclude, that forfeitures within psychical capacity, to be found at advanced age, are regarded to be reversible. The analogous inference from obvious and inevitable physical phenomena of ageing to those, similar of the psyche, is not valid; because the latter ones are no conditions of age.

To find out more about human psyche and its psychovegetative and psychosomatic diseases, we accomplished a study using *Panax ginseng* (Kumsan Ginseng) as a remedy for helping female patients out of their psychosomatic diabolical circle. It was a clinical research in the department of natural medicine and psychosomatic diseases of a hospital in Hamburg. It was a double-blind-study, including sixty probands in the age from 15 to 78 years (on an average of 48, 4 years) with multiple different diagnoses; for instance exhaustion state, depressive refusal, psycholabile conditions post alcohol or drug missuse, postclimacterial complaint and youth haemodynamic dysfunction. Perhaps more than any other single cause, unrelieved stress was at the root of this wide variety of illnesses. In all our highly gifted medicine

Symptome	Before Starting			Scale	After Finishing	
	Scale	Verum	Placebo		Verum	Placebo
apprehension-speed	0	32	33	0	41	24
	1	21	18	1	12	27
	2	4	6	2	3	5
	3	3	3	3	4	4
lack of concentration	0	5	3	0	18	4
	1	26	27	1	14	31
	2	15	16	2	16	17
	3	14	14	3	12	8
loss of memory	0	12	10	0	32	11
	1	3	5	1	2	7
	2	26	25	2	17	21
	3	19	20	3	9	21
affect-lability	0	29	31	0	36	31
	1	17	16	1	22	21
	2	12	12	2	1	8
	3	2	0	3	1	0
individual disposition	0	4	6	0	17	8
	1	26	25	1	18	21
	2	28	28	2	24	28
	3	2	1	3	1	3
timidity	0	7	5	0	28	6
	1	19	20	1	10	18
	2	24	26	2	15	28
	3	10	9	3	7	8
inner disquietude	0	4	6	0	21	9
	1	15	14	1	19	16
	2	22	25	2	10	22
	3	19	15	3	10	13
susceptibility	0	9	10	0	24	12
	1	28	28	1	32	25
	2	17	17	2	4	15
	3	6	5	3	0	8
insomnia	0	14	16	0	27	18
	1	18	15	1	13	19
	2	24	27	2	18	22
	3	4	2	3	2	1
sleep interruption	0	32	36	0	44	34
	1	22	20	1	13	23
	2	6	4	2	3	3
	3	0	0	3	0	0
accomplishment	0	4	6	0	13	8
	1	17	18	1	26	20
	2	15	17	2	10	14
	3	24	19	3	11	18
headacke	0	12	14	0	14	16
	1	31	28	1	36	26
	2	16	18	2	10	18
	3	1	0	3	0	0
nervousness	0	9	11	0	33	13
	1	14	16	1	21	19
	2	28	27	2	5	24
	3	9	6	3	1	4

unnormal perspiration	0	32	31	0	38	33
	1	20	23	1	20	23
	2	7	6	2	1	4
	3	1	0	3	1	0
unusual fatigue	0	14	18	0	37	19
	1	39	37	1	17	39
	2	6	5	2	6	2
	3	1	0	3	0	0

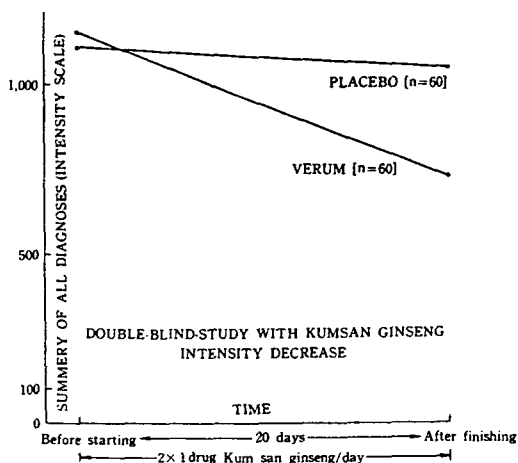


Fig. 1. Double-Blind Study with Kumsan Ginseng Intensity Decrease.

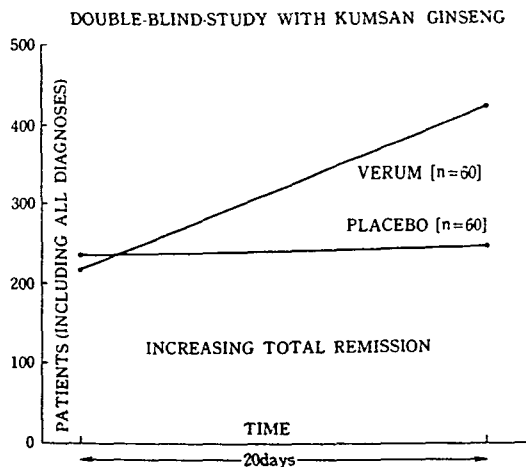


Fig. 2. Double-Blind Study with Kumsan Ginseng.

sciences we should never forget, that one of the constant problems associated with today's way of life is stress.

Every surgical operation is stress as well and our next clinical research will try to show the efficacy of Ginseng upon surgical stress.

The results of our study are shown in the following schedule.

We did not find a cure against all psychosomatic diseases but a remedy for the "psychosomatic health" of all patients we observed.

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