

E Panax quinquefolius

Common Name(s)

American Ginseng; Ginseng

Ethnobotanical Country/Region Reference Use

Apertif	China	ANON. 1974. A barefoot doctor's manual. DHEW Publication No. (NIH): 75-695.
Aphrodisiac	US(Appalachia)	Krochmal, Arnold and Connie. 1973. A guide to the medicinal plants of the United States. Quadrangle/The N.Y. Times Book Co.
Aphrodisiac	China	Krochmal, Arnold and Connie. 1973. A guide to the medicinal plants of the United States. Quadrangle/The N.Y. Times Book Co.
Cachexia	China	ANON. 1974. A barefoot doctor's manual. DHEW Publication No. (NIH): 75-695.
Contraceptive	US(Amerindian)	Krochmal, Arnold and Connie. 1973. A guide to the medicinal plants of the United States. Quadrangle/The N.Y. Times Book Co.
Convalescence	China	ANON. 1974. A barefoot doctor's manual. DHEW Publication No. (NIH): 75-695.
Energy	China	ANON. 1974. A barefoot doctor's manual. DHEW Publication No. (NIH): 75-695.
Fever	China	Leung, Albert Y. 1980. Encyclopedia of common natural ingredients. John Wiley and Sons, N.Y.
Forgetfulness	China	ANON. 1974. A barefoot doctor's manual. DHEW Publication No. (NIH): 75-695.
Hangover	China	Leung, Albert Y. 1980. Encyclopedia of common natural ingredients. John Wiley and Sons, N.Y.
Insomnia	China	ANON. 1974. A barefoot doctor's manual. DHEW Publication No. (NIH): 75-695.

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Nausea	US(Amerindian)	Krochmal, Arnold and Connie. 1973. A guide to the medicinal plants of the United States. Quadrangle/The N.Y. Times Book Co.
Nerves	US	Krochmal, Arnold and Connie. 1973. A guide to the medicinal plants of the United States. Quadrangle/The N.Y. Times Book Co.
Palpitation	China	ANON. 1974. A barefoot doctor's manual. DHEW Publication No. (NIH): 75-695.
Rejuvenation	US	Uphof, J.C. Th. 1968. Dictionary of economic plants. 2nd ed. Verlag von J. Cramer.
Rheumatism	US(Amerindian)	Krochmal, Arnold and Connie. 1973. A guide to the medicinal plants of the United States. Quadrangle/The N.Y. Times Book Co.
Sedative	China	ANON. 1974. A barefoot doctor's manual. DHEW Publication No. (NIH): 75-695.
Sialogogue	China	ANON. 1974. A barefoot doctor's manual. DHEW Publication No. (NIH): 75-695.
Stimulant	USSR	Krochmal, Arnold and Connie. 1973. A guide to the medicinal plants of the United States. Quadrangle/The N.Y. Times Book Co.
Thirst	China	Leung, Albert Y. 1980. Encyclopedia of common natural ingredients. John Wiley and Sons, N.Y.
Tonic	China	ANON. 1974. A barefoot doctor's manual. DHEW Publication No. (NIH): 75-695.
Tonic	US(Appalachia)	Krochmal, Arnold and Connie. 1973. A guide to the medicinal plants of the United States. Quadrangle/The N.Y. Times Book Co.
Tonic	USSR	Krochmal, Arnold and Connie. 1973. A guide to the medicinal plants of the United States. Quadrangle/The N.Y. Times Book Co.
Worry	China	ANON. 1974. A barefoot doctor's manual. DHEW Publication No. (NIH): 75-695.