

*Eleutherococcus senticosus*



*Eleutherococcus senticosus* is a species of small, woody shrub in the family Araliaceae native to Northeastern Asia. It is often colloquially referred to as **Siberian Ginseng**, **eleuthero** or **Ciwujia**. *E. senticosus* has a history of use in traditional Chinese medicine where it is known as cì wǔ jiā (刺五加)

**Synonyms**

*E. senticosus* has been marketed in the United States as **Siberian Ginseng** because it is believed to have similar herbal properties to those of *Panax ginseng*. However, it belongs to a different genus in the family Araliaceae, and it is currently illegal in the United States to market eleuthero as Siberian Ginseng, since the term "ginseng" is reserved for species in the *Panax* genus.

**Growth**

The herb grows in mixed and coniferous mountain forests, forming low undergrowth or is found in groups in thickets and edges. *E. senticosus* is sometimes found in oak groves at the foot of cliffs, very rarely in

high forest riparian woodland. Its native habitat is East Asia, China, Japan, and Russia. *E. senticosus* is broadly tolerant of soils, growing in sandy, loamy, and heavy clay soils with acid, neutral, or alkaline chemistry and including soils of low nutritional value. It can tolerate sun or dappled shade and some degree of pollution. *E. senticosus* is a deciduous shrub growing to 2m at a slow rate. It is hardy to zone 3. It flowers in July in most habitats. The flowers are hermaphroditic and are pollinated by insects.<sup>1</sup>

### **Ethnomedical use**

*E. senticosus* is thought to be an adaptogen and there is a wide range of health benefits attributed to its use in herbal medicine.

In Chinese herbology, *E. senticosus* is used by people with bone marrow suppression caused by chemotherapy or radiation, angina, hypercholesterolemia, and neurasthenia with headache, insomnia, and poor appetite.

### **Pharmacology**

Extracts of *E. senticosus* have been shown to have a variety of biological effects in vitro or in animal models, but these effects have not been demonstrated in human trials:

- increased endurance/anti-fatigue
- memory/learning improvement
- anti-inflammatory
- immunogenic
- antidepressant-like effects

### **Chemical constituents**

The major constituents of *E. senticosus* are ciwujianoside A-E, eleutheroside B(syringin), eleutherosides A-M, friedelin, and isofraxidin.

### **Interactions and side effects**

- People with medicated high blood pressure should consult their doctor before taking *E. senticosus* because it may potentiate the medications' side effects.
- *E. senticosus*, when purchased from non-GMP sources, has occasionally been adulterated with *Periploca graeca*, which can potentiate digoxin or similar drugs; however, this is not an interaction of *E. senticosus*.

### **Элеутороқоққ сидячецветковый**

**Элеутороқоққ сидячецветковый** (лат. *Eleutherococcus sessiliflorus*) — вид растений из рода Элеутороқоққ семейства Аралиевые. Ранее этот вид относили к роду Асanthоранахи он назывался *Acanthopanax sessiliflorus* (RUPR. & MAXIM.) MAXIM. — Ақантопанақс сидячецветковый.



### **Биологическое описание**

Элеутерококк сидячецветковый — крупный кустарник высотой до 3 м. Кора серая, с редкими крупными черепитчатыми шипами, иногда шипы отсутствуют. Листья 3-5 лопастные. Листовые черешки до 15 см. Листы эллиптические с клиновидным основанием. Цветки в плотных соцветиях, собранных в полузонтики. Цветки мелкие, тёмно-коричневые. Плоды чёрные, блестящие.

Цветёт в августе, плоды созревают в конце сентября.

Растёт на Дальнем Востоке (Приморье, Приамурье), Китае и Корее.

Растёт по берегам рек, на опушках, прогалинах, на лугах, единично или небольшими группами.