

Eleuthero

Eleutherococcus senticosus (Rupr. & Maxim.) Maxim. (syn. *Acanthopanax senticosus* [Rupr. & Maxim.] Harms)
[Fam. Araliaceae]

OVERVIEW

Eleuthero root has been used in Traditional Chinese Medicine for thousands of years, and has been known as "Siberian ginseng." Eleuthero is an "adaptogen," a mild substance that produces a normalizing effect on the body. It was first marketed in the U.S. in the late 1970s, and has since become one of the top-selling herbal dietary supplements.

USES

Herpes simplex type II infections; decrease in occurrence of influenza complications; fatigue; chronic inflammation; debility; decreased work and concentration; chronic fatigue syndrome; convalescence; functional asthenia; supportive therapy during radiation or chemotherapy; atherosclerosis; selective memory improvement.

DOSAGE

Use for one to three months, followed by a two-month break.

INFUSION (TEA): Pour 150 ml of boiling water over 2–3 g, steep for 5–10 minutes.

FLUID EXTRACT: 2–4 ml, 1 to 3 times daily [1:1].

FLUID EXTRACT: 2–8 ml daily [1:2].

TINCTURE: 10–20 ml, 1 to 3 times daily [1:5].

NATIVE EXTRACT: 300–450 mg, 3 times daily.

STANDARDIZED DRY EXTRACT: (21% eleutheroside E), 100–200 mg, 3 times daily.

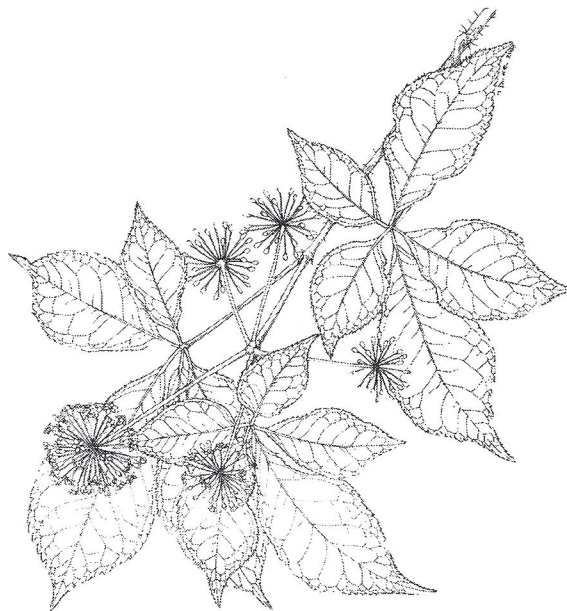
CONTRAINDICATIONS

Although the use of eleuthero is generally considered quite safe, some authorities recommend that patients with high blood pressure (especially greater than 180/90) should consult a healthcare provider before using eleuthero. It should not be used during the acute phase of infections, although it may be used concurrently with antibiotics for the treatment of dysentery.

PREGNANCY AND LACTATION: There are no known restrictions for usage during pregnancy or while breast-feeding.

Comments

When using a dietary supplement, purchase it from a reliable source. For best results, use the same brand of product throughout the period of use. As with all medications and dietary supplements, please inform your healthcare provider of all herbs and medications you are taking. Interactions may occur between medications and herbs or even among different herbs when taken at the same time. Treat your herbal supplement with care by taking it as directed, storing it as advised on the label, and keeping it out of the reach of children and pets. Consult your healthcare provider with any questions.



ADVERSE EFFECTS

No significant adverse effects have been reported in healthy individuals. However, on rare occasions eleuthero may cause mild, brief diarrhea or insomnia if taken too close to bedtime. In individuals with rheumatic heart disease, side effects such as headaches, elevated blood pressure, and pain in the pericardium (the sac that encloses the heart) have been reported.

DRUG INTERACTIONS

Eleuthero may increase the effects of certain antibiotics, including monomycin and kanamycin, and the radioprotective drug adeturone. Eleuthero may interact with antipsychotic drugs barbiturates, and sedatives (although these interactions are only speculative, not reported). Eleuthero may possibly increase the effect of insulin and diabetic drugs. Diabetics taking eleuthero and antidiabetic medication should be closely monitored.



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