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[Randomized Controlled Trial](#) [Menopause](#). 2012 Apr;19(4):461-6.

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Effects of red ginseng supplementation on menopausal symptoms and cardiovascular risk factors in postmenopausal women: a double-blind randomized controlled trial

Sun Young Kim ¹, Seok Kyo Seo, Young Mi Choi, Young Eun Jeon, Kyung Jin Lim, SiHyun Cho, Young Sik Choi, Byung Seok Lee

Affiliations

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Abstract

Objective: The aim of this study was to evaluate the effects of red ginseng (RG) on menopausal symptoms and cardiovascular risk factors in postmenopausal women.

Methods: A randomized, placebo-controlled, double-blind clinical trial was conducted with postmenopausal women between the ages of 45 and 60 years. A total of 72 women were randomly assigned to either an RG group (supplemented with 3 g of RG, including 60 mg of ginsenosides, per day) or a placebo group for 12 weeks. We analyzed changes in menopausal symptoms (the Kupperman index and the menopause rating scale), cardiovascular risk factors (lipid profiles, high-sensitivity C-reactive protein, and carotid intima-media thickness), and serum estradiol levels from baseline to 12 weeks.

Results: Significant improvements in the Kupperman index ($P = 0.032$) and in the menopause rating scale ($P = 0.035$) scores were observed in the RG group compared with the placebo group. Total cholesterol ($P = 0.009$) and low-density lipoprotein cholesterol ($P = 0.015$) significantly decreased in the group receiving RG. The RG group also showed a significant decrease in carotid intima-media thickness ($P = 0.049$). Serum estradiol levels were not influenced by RG supplementation.

Conclusions: RG could be an attractive herbal dietary supplement for relieving menopausal symptoms and conferring favorable effects on markers of cardiovascular disease in postmenopausal women.

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