

# Depressive symptom

## How Korean Red Ginseng could be efficacious for major depression



### Background



### Theory

#### The effect of Korean red ginseng (KRG) on depression:

Depression is considered as a serious illness, but can be cured as various pharmacological agents become more readily available. Ginseng has shown potential antidepressant effects in some animal studies and in patients with stress-related somatic symptoms. Therefore, we investigated the effectiveness and tolerability of KRG adjuvant treatment in patients with residual symptoms of major depression.



### Method

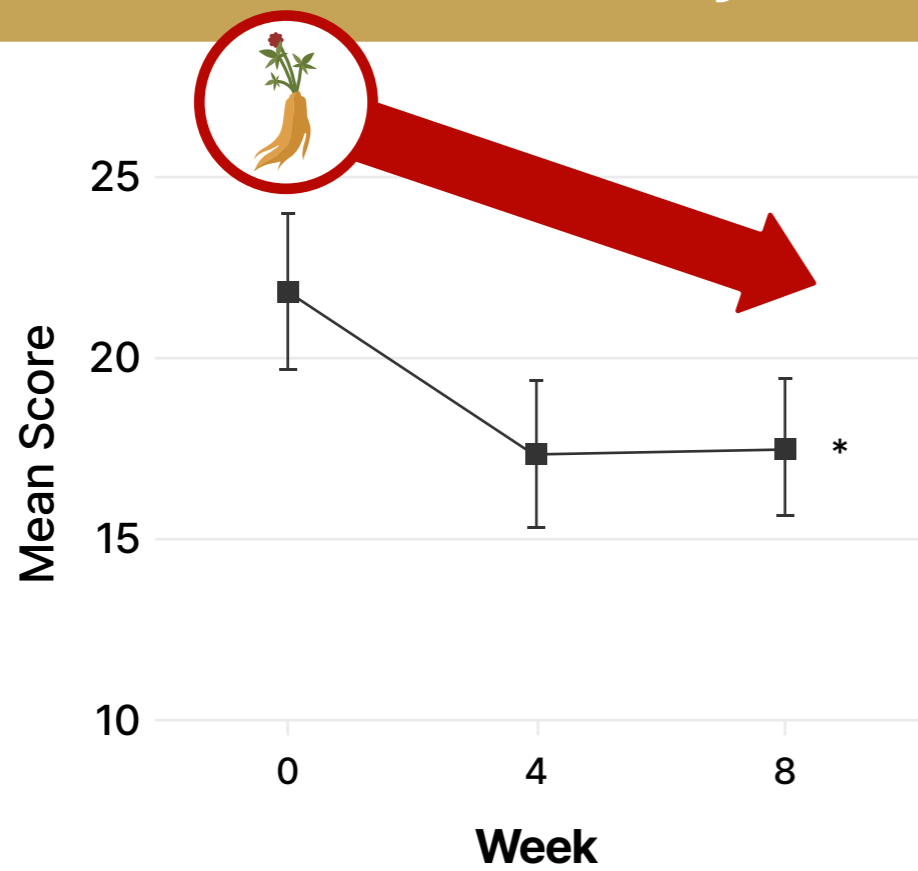
In this eight-week prospective study, 35 female outpatients, who were remitted from major depression with residual symptoms, were given KRG at doses of 3 g/day. Depression Residual Symptom Scale and Montgomery-Åsberg Depression Rating Scale were administered to evaluate depressive symptoms. The general severity of symptoms was assessed by a clinician using Clinical Global Impressions Scale for Severity. Depression and Somatic Symptom Scale was also used to evaluate somatic symptoms in the subjects.



### Outcome

With 35 female outpatients (18-65 yrs) taking KRG 3 g/day for 8 weeks

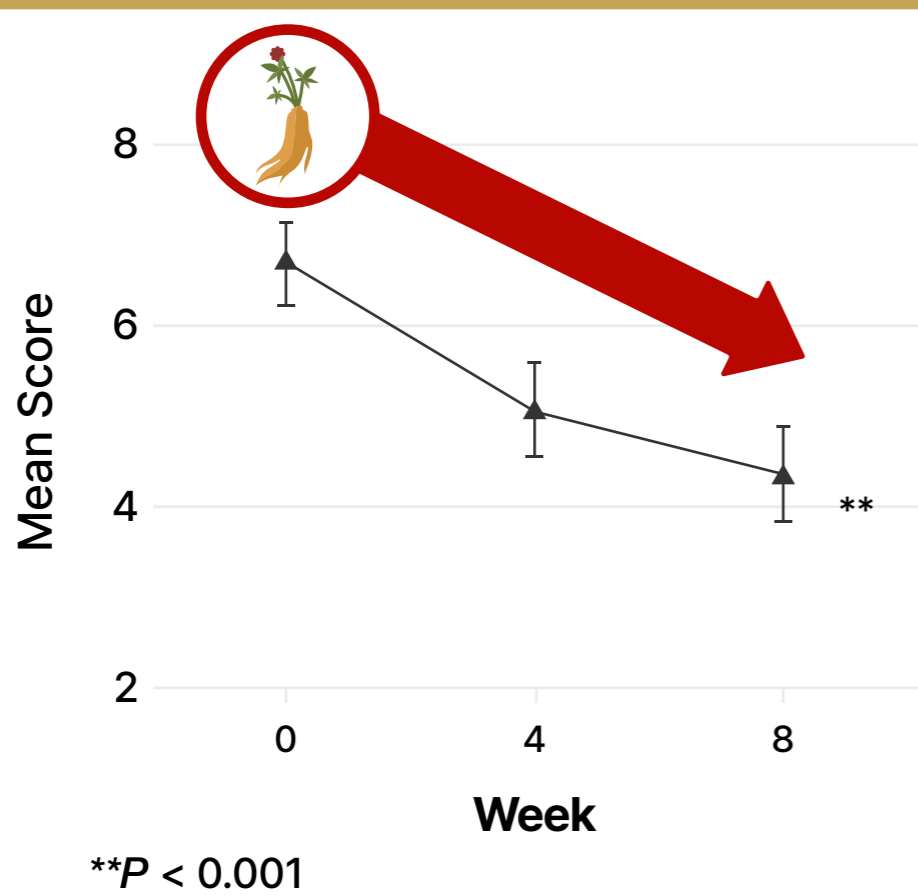
#### Psychometric scales (1) - DRSS



Residual symptoms measured by the DRSS improved from baseline to week 4 and this improvement was still apparent at week 8 ( $P < 0.01$ ).

DRSS (Depression residual symptom scale): 22 items with 2 major subscales (depression and somatic subscales. In calculating the DRSS score, 'absent' was scored as 0 points, 'mild' as 1 point, 'moderate' as 2 points, and 'severe' as 3 points.

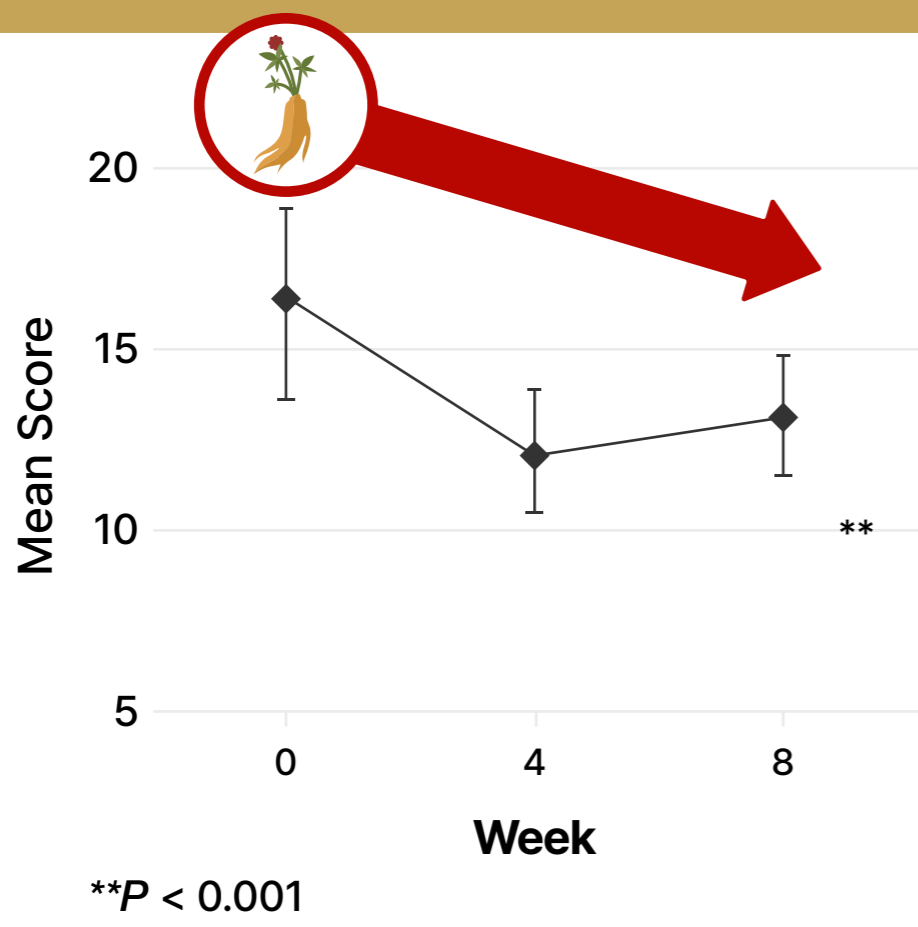
#### Psychometric scales (2) - MADRS



The MADRS score decreased gradually from baseline to week 4 and further down to week 8 ( $P < 0.001$ ).

MADRS (Montgomery-Åsberg depression rating scale): 10 item rating scale widely used in patients with depression for measuring severity of depression. Each item is rated from 0 to 6, allowing for a maximum score of 60.

#### Psychometric scales (3) - CGI-S

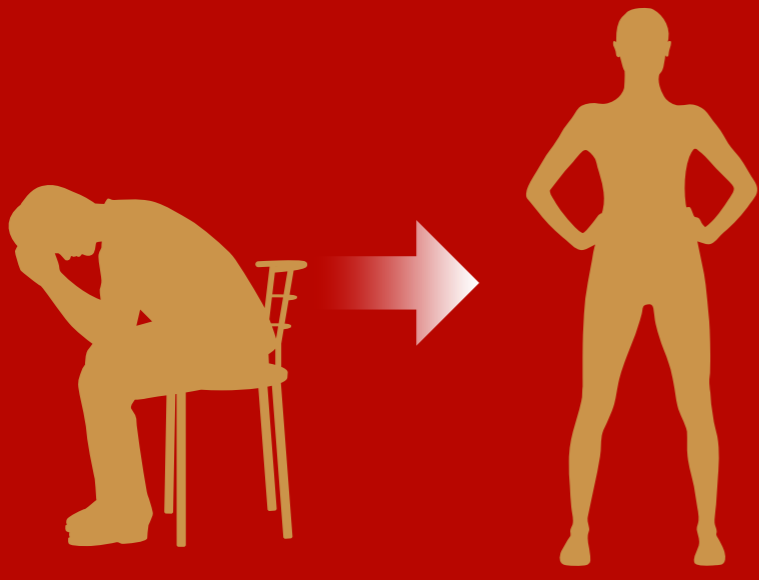


The general severity of symptoms were significantly attenuated on CGI-S from baseline to week 4 and 8 ( $P < 0.001$ ).

CGI-S (Clinical global impressions scale for severity): A scale for rating the severity of a patient's illness on a 7-point scale ranging from 1 (normal) to 7 (extremely ill).

- No fatalities or irreversible adverse effects were observed during the study period.

### Impact



#### Effect of Korean Red Ginseng on major depression

The subjects reported significant decrease in depressive symptoms on DRSS, MADRS and CGI-S and in somatic symptoms on DSSS over the eight-week study period of taking Korean red ginseng.

### Conclusion

#### The benefit of Korean Red Ginseng for attenuating residual symptoms of major depression

These study results suggest that **Korean red ginseng is effective and safe in patients experiencing residual symptoms of depression, indicating the feasibility of Korean red ginseng as an alternative treatment option for patients with depression and other related disorders.**