



Stamina

How Korean Red Ginseng shows therapeutic potential for people with chronic fatigue



Background



Theory

The effect of Korean red ginseng (KRG) on chronic fatigue (CF):

CF is unexplained fatigue lasting more than 6 months. Several studies demonstrated the role of oxidative stress in CF and suggested the administration of antioxidants as a potential treatment. KRG is known to have higher anti-fatigue substance than white ginseng. The purpose of this study was to investigate the effect of KRG on CF by various measurements and objective indicators.



Method

A randomized, double-blind, placebo-controlled clinical trial:

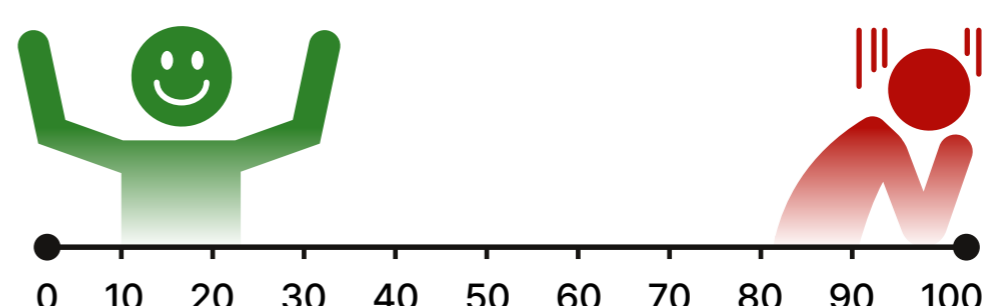
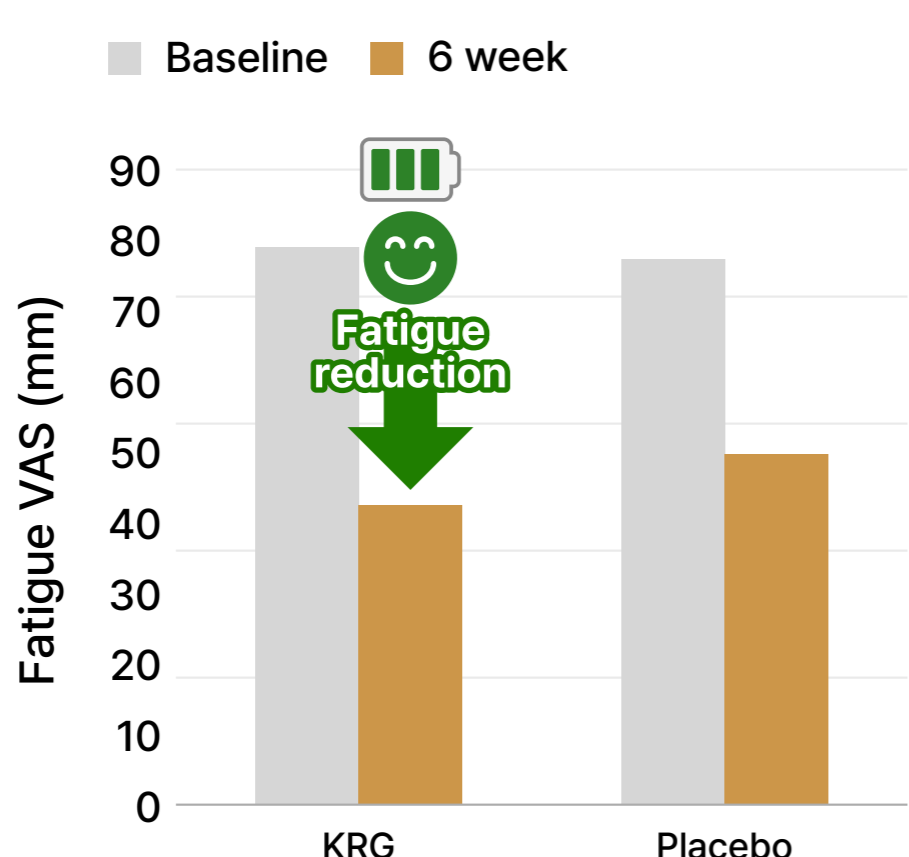
50 CF patients were allocated to KRG (3 g/day) or placebo group (1:1) 6 weeks and followed up 4 weeks after the treatment. The primary outcome measurement was fatigue VAS. Secondary outcome measurements included FSS, CFSQ, SRI, scales of various fields, biochemical test, blinding assessment, and adverse events.



Outcome

With 50 patients with CF (25 taking KRG, 25 taking placebo) for 6 weeks

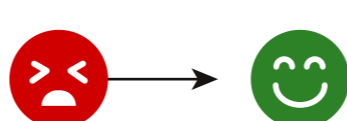
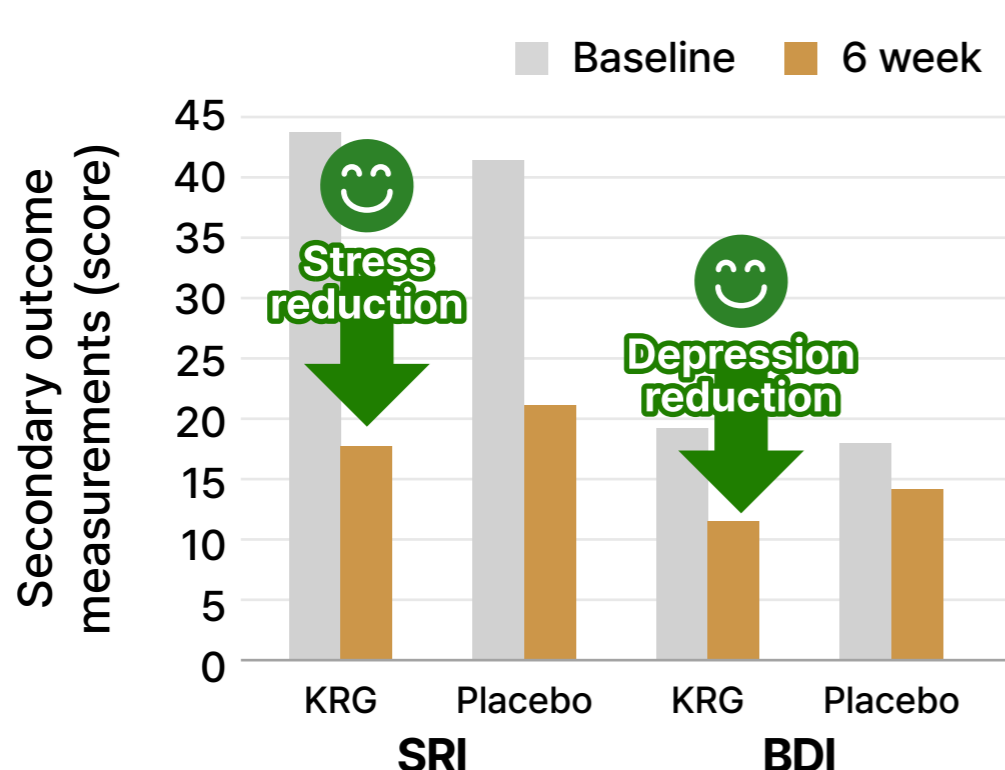
The degree of fatigue: Fatigue VAS



The reduction in the fatigue VAS from baseline to week 6 was greater in KRG group than the placebo group.

Fatigue VAS: 100 mm VAS from 0 (absence of fatigue) to 100 (the worst fatigue imaginable).

Secondary outcome (1): Stress and depression via SRI & BDI



The KRG group had significant improvements in SRI and BDI from baseline to week 6, and the improvements were greater the placebo group.

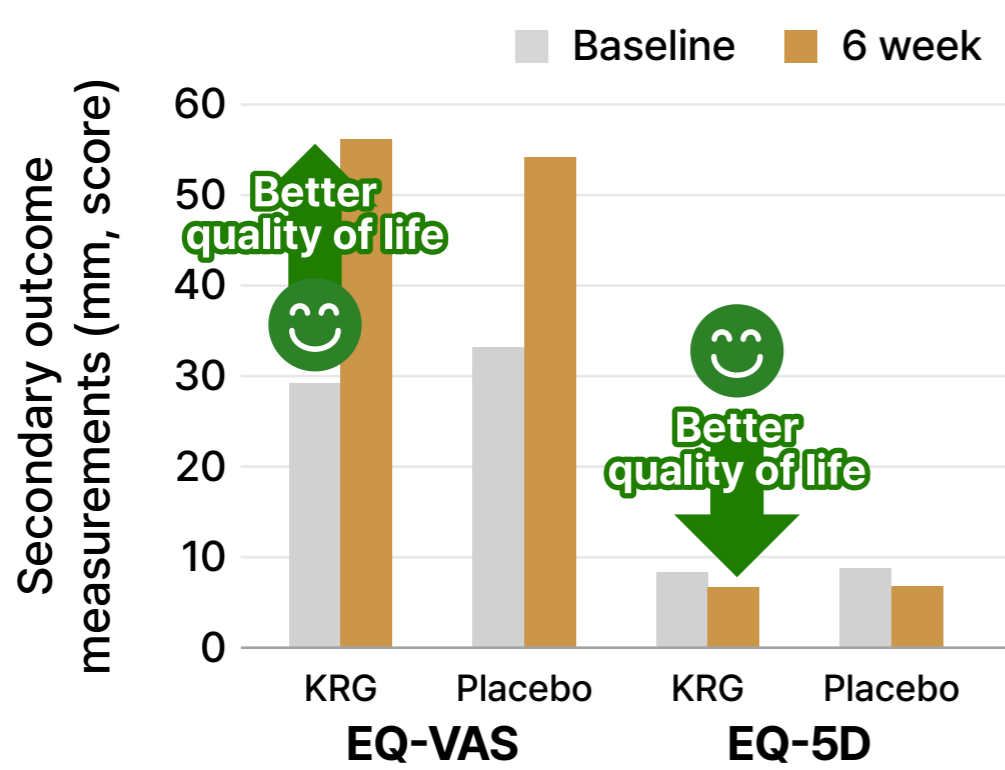
SRI (stress response inventory)

A measurement of the stress responses

BDI (Beck depression inventory)

A measurement of cognitive, emotional and physical symptoms of depression

Secondary outcome (2): Quality of life via EQ-5D 5L



The KRG group showed more improvements in the EQ-5D and EQ-VAS than the placebo group from baseline to week 6.

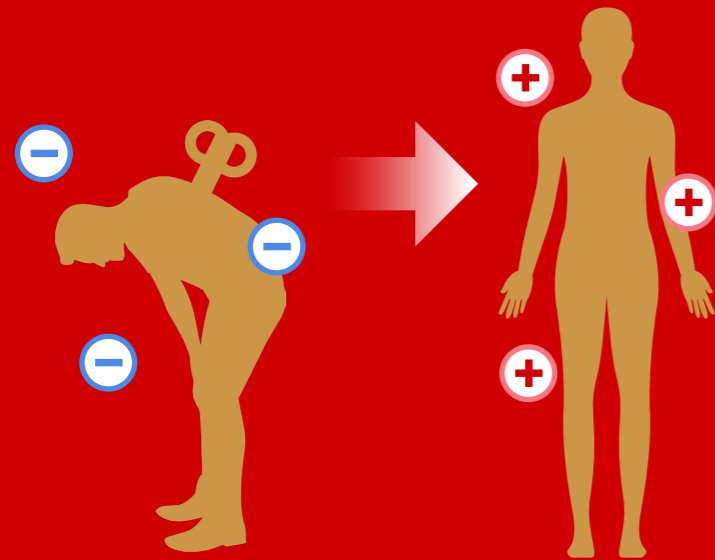
EQ-5D 5L (five-level EuroQoL-5 Dimension)

- EQ-VAS: An evaluation of health-related quality of life, scoring from 0 (lowest) to 100 (highest health level)

- EQ-5D: An evaluation of mobility, self-care, usual activities, pain/discomfort, and anxiety/depression.

- There were no adverse events associated with KRG intaking.

Impact



Enhancement of fatigue-related scales

KRG provided the objective evidence of **fatigue-related measurement and the therapeutic potential for middle-aged individuals with moderate fatigue.**

Conclusion

The benefit of Korean Red Ginseng on patients with chronic fatigue

KRG demonstrated its safety and efficacy for patients with chronic fatigue, suggesting its potential for **treating a subset of patients with chronic fatigue (moderate or idiopathic chronic fatigue).**