

Ginsana® is effective in adults who regularly catch influenza or common cold

Efficacy and safety of the standardized ginseng extract G115 for potentiating vaccination against common cold and/or influenza syndrome

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Introduction

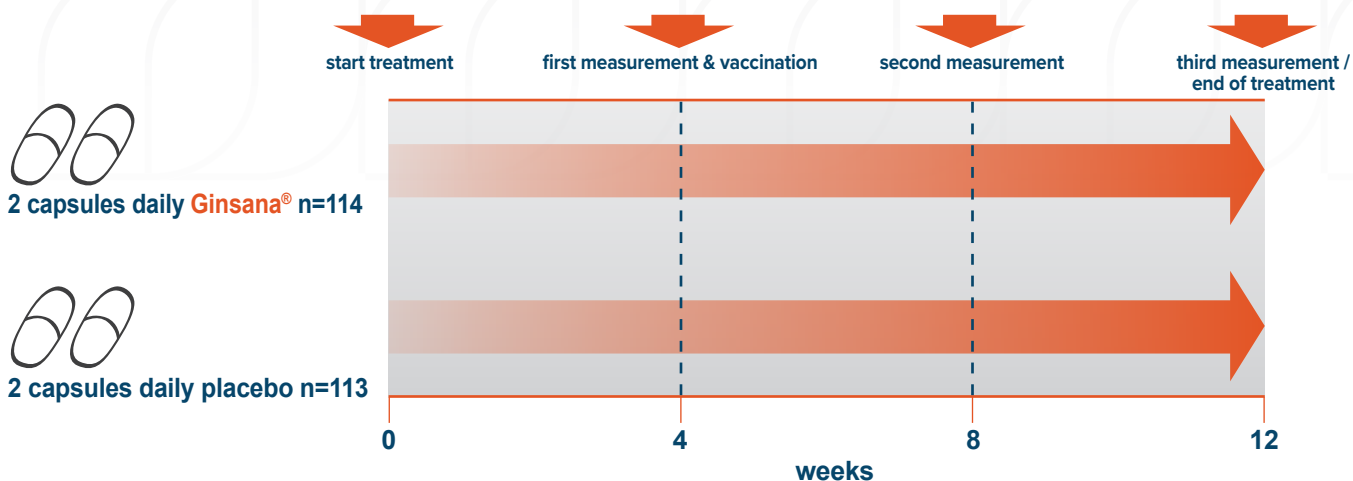
Previous studies showed that thanks to its effect on phagocyte function, standardised ginseng extract G115® could induce an increase in host resistance through stimulation of the immune system and a reduction in the incidence of influenza.

Objective

To determine the properties of standardised ginseng extract G115® inducing a higher immune response in vaccination against influenza and its effect on the antibody titre and Natural Killer cell (NK) activity.

Methods and study design

- Multicentre, two-arm, randomised, placebo-controlled, double-blind study.
- 227 volunteers were enrolled and were randomised to receive Ginsana® (n=114) or placebo (n=113).
- Treatment: two capsules daily of Ginsana® (extract of G115® 100 mg) or two capsules of placebo, for a total period of 12 weeks.
- Vaccination with anti-influenza polyvalent vaccine: 0.5 ml was administered 4 weeks after the start.



Inclusion criteria

Male and female, recommended for anti-influenza vaccination.

Exclusion criteria

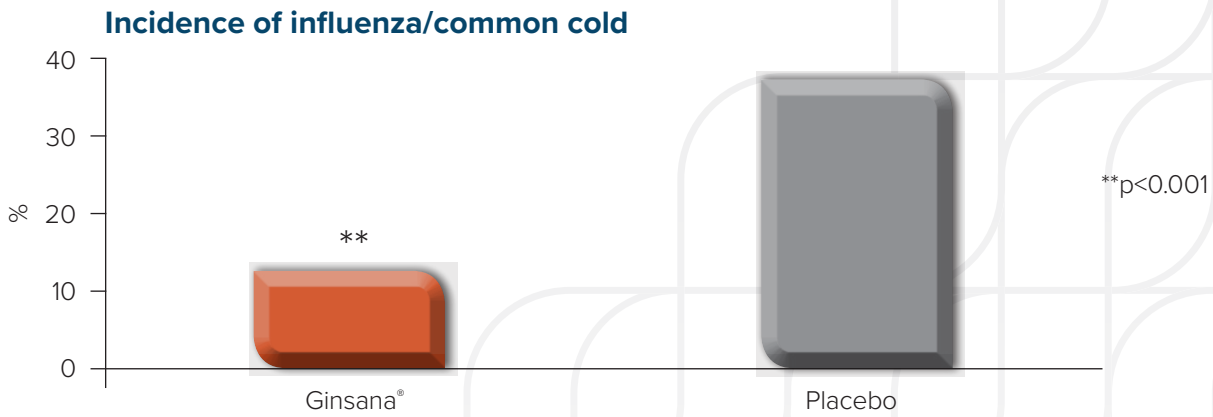
Subjects already vaccinated for influenza, and/or with granulocytes <1.000 mm, and/or receiving any investigational agent and/or with underlying terminal diseases (e.g. AIDS), pregnant or nursing women, and/or already taking ginseng; hypersensitivity to ginseng; antineoplastic chemotherapy; and/or liver disease; subjects with severe gastritis.

Clinical assessment

The authors investigated safety parameters at baseline and at 12 weeks, Natural Killer cell (NK) activity and antibody titre at baseline, at 4, 8 and 12 weeks, concomitant diseases and adverse events.

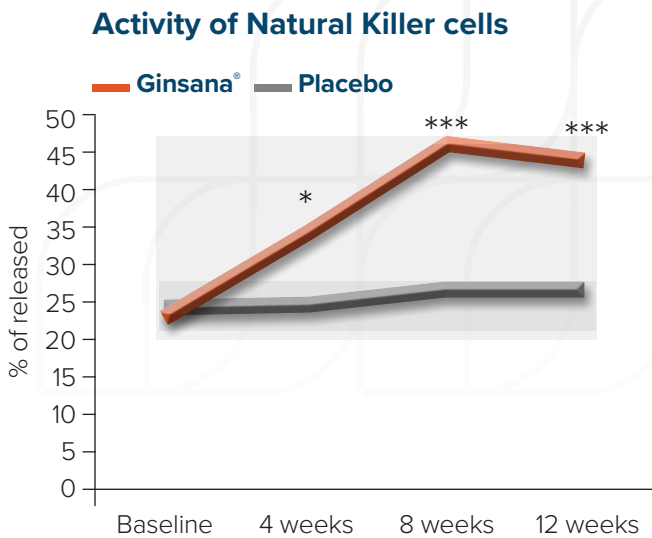
Results

Ginsana® enhanced the effects of the vaccine and therefore it reduced frequency of influenza or common cold.



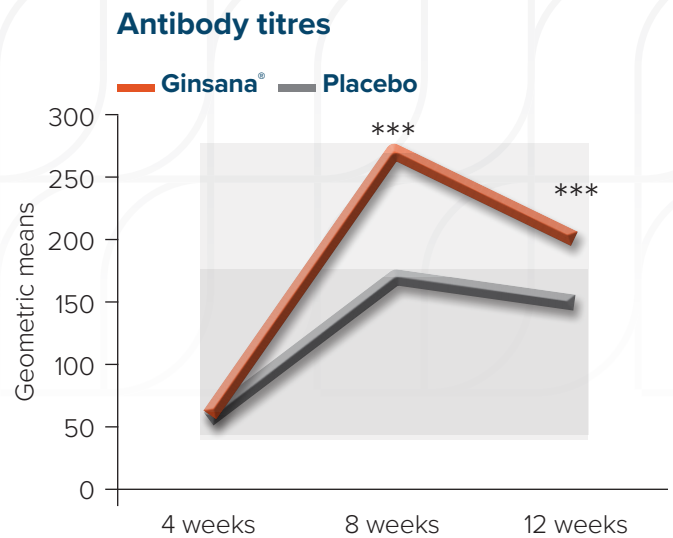
Frequency of influenza or common cold was significantly less in Ginsana® group than in the placebo group.

Ginsana® strengthened the immune system by modulating the body's natural defences.



At weeks 8 and 12 NK activity in the Ginsana® group was nearly twice than in placebo group.

*p<0.05; ***p<0.0001



Specific antibody titres increased, with highly significant increase at week 8.

***p<0.0001

CONCLUSIONS

- Ginsana® potentiates vaccination, inducing a higher immune response against influenza or common cold.
- Ginsana® is able to improve the immune response in vivo in humans by:
 - increasing natural killer cells activity
 - increasing the antibody titres.
- Ginsana® is effective in adults who regularly catch influenza or common cold, especially if vaccinated.
- Treatment of 3 months with Ginsana® is well tolerated with few side effects.