

Red ginseng effective for intestinal health and preventing bone loss

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Professor Narayanan Parameswaran's team at the Department of Physiology at Michigan State University announced the results of a study that showed that consuming red ginseng is effective for bone and intestinal health through intestinal microbiota balance at the Korea Ginseng Society International Conference.

Before this study, the Michigan State University research team reported in 2023 in the JGR (Journal of Ginseng Research, I.F 6.8) that intestinal microbiota balance is an important regulatory factor for bone health. After administering antibiotics to a mouse model for two weeks and observing for four weeks, it was confirmed that an imbalance in the composition of the intestinal microflora caused leaky gut syndrome (a condition in which the intestinal mucosal cells are damaged and the barrier is weakened, allowing various substances to pass through, causing symptoms such as gas, diarrhoea, constipation, abdominal bloating, and indigestion) and bone loss.

The research team administered red ginseng extract to a mouse model whose intestinal microflora balance was disrupted by antibiotics for four weeks and confirmed the effects of improving barrier function and bone density. As a result of the study, the experimental group that consumed red ginseng showed an increase in the diversity of beneficial intestinal bacteria and an improvement in barrier health, which reduced the symptoms of leaky gut syndrome. This suggests that improving the intestinal environment also had a positive effect on bone health.