

Summary:

Immunostimulants	Performance enhancers
Andrographis	Ginseng
Echinacea	
Nigella	
IS: prevent and treat viral/URT infections	
PE: improve mental and physical functions	

Ginseng

A.I.:	Uses:	Ginseng abuse syndrome (GAS)	Ginseng/Herb interactions
- Triterpenoid saponins (ginsenosides or panaxosides)	- Balance blood glucose level	From chronic use of more than 3 g/day .	Ginseng + Caffeine= amplification of stimulant caffeine.
- B vitamins, flavonoids, carbohydrates	- Improves erectile dysfunction	A CNS excitation manifested by elevated BP, hyperglycemia, nervousness, insomnia, skin eruptions.	Results in nervousness, insomnia, alertness.
	- As an adaptogen, reduces physical & mental stress (from cold, heat, noise, high altitudes, etc) and is safe, non-toxic with broad uses for health.		

- Classified as **adaptogens**
- Standardized extract dose: 200-600 mg/day.
- Unlike stimulants, which have an increase then marked decrease with respect to average level performance, adaptogens have a **gradual increase** above average level of performance.

Andrographis "Indian echinacea"

A.I.:	MOA:	Doses:	Safety:
Diterpenes (andrographolide & deoxyandrographolide) Very bitter in taste.	- Anti-inflammatory/Anti-allergy/Antiplatelet aggregation.	- For common cold ttd: 400 mg 3x/day.	- 3 months max use due to inhibitory effect on platelets aggregation.
	- Increases Ab activity & macrophages phagocytosis.	- For prevention: 200 mg once/day.	Caution with patients taking warfarin or other blood thinners " Drug-Herb interaction "
	- Inhibits PAF "platelet activating factor"		- Avoid with immunosuppressive agents

- Known as "king of bitters".
- In traditional Chinese medicine.

Echinacea "Coneflower"

A.I.:	Uses:	AE:
- Phenolic compounds: Caffeic acid deriv. (cynarin, chichoric acid & echinacoside)	Reduces severity and duration of a RT infection (acts within a few days/quuickly).	Allergic reaction as rash and asthma
Echinacoside has activity comparable to broad-spectrum activity of penicillin.		Caution with autoimmune diseases as AID and MS (no clinical evidence, only theoretical).
- Alkylamides (echinacein)		
- High m.wgt polysaccharides		
- From fam. Asteraceae .		
- Improves overall immune response , so improved resistance to infections.		
- Improves blood circulation to remove toxins .		
- Pharmacological effects appear to be from A.I combination .		

Nigella seeds "black seeds"

A.I.:
- (Aromatic) Volatile oils: thymoquinone, P-cymene
- fixed oils: PUFA (fot ttt of CVD)



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