

### 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 <b>more than 3 g/day</b> .	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, <b>reduces physical &amp; mental stress</b> (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 " <b>Drug-Herb interaction</b> "
	- 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 & <b>echinacoside</b> )	Reduces severity and duration of a RT infection ( <b>acts within a few days/quuickly</b> ).	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. <b>Asteraceae</b> .		
- Improves <b>overall immune response</b> , so improved resistance to infections.		
- Improves blood circulation to <b>remove toxins</b> .		
- Pharmacological effects appear to be from <b>A.I combination</b> .		

### Nigella seeds "black seeds"

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



By **sam219**  
[cheatography.com/sam219/](https://cheatography.com/sam219/)

Not published yet.  
Last updated 16th December, 2025.  
Page 2 of 2.

Sponsored by **Readable.com**  
Measure your website readability!  
<https://readable.com>