

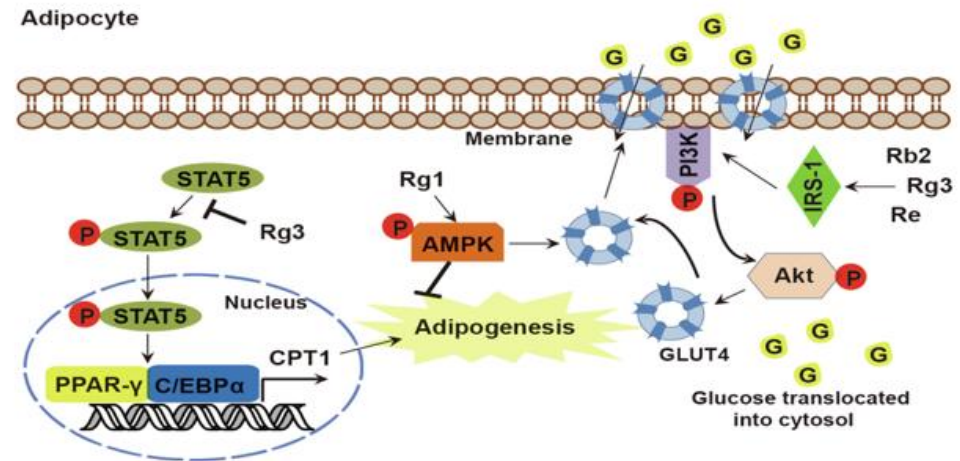
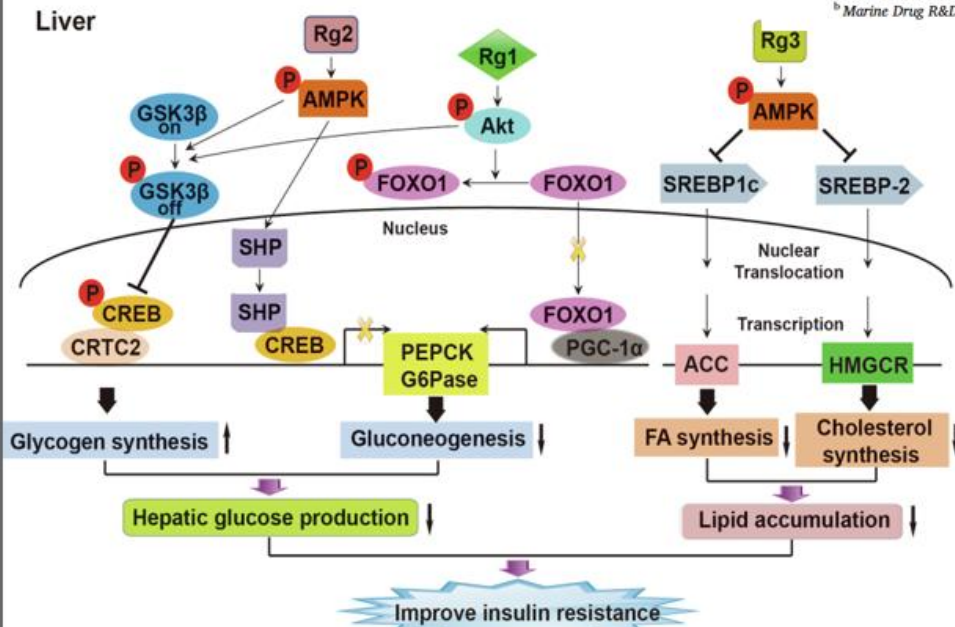
HỒNG SÂM ĐỐI VỚI BỆNH TIỂU ĐƯỜNG

Therapeutic potential of ginsenosides on diabetes: From hypoglycemic mechanism to clinical trials



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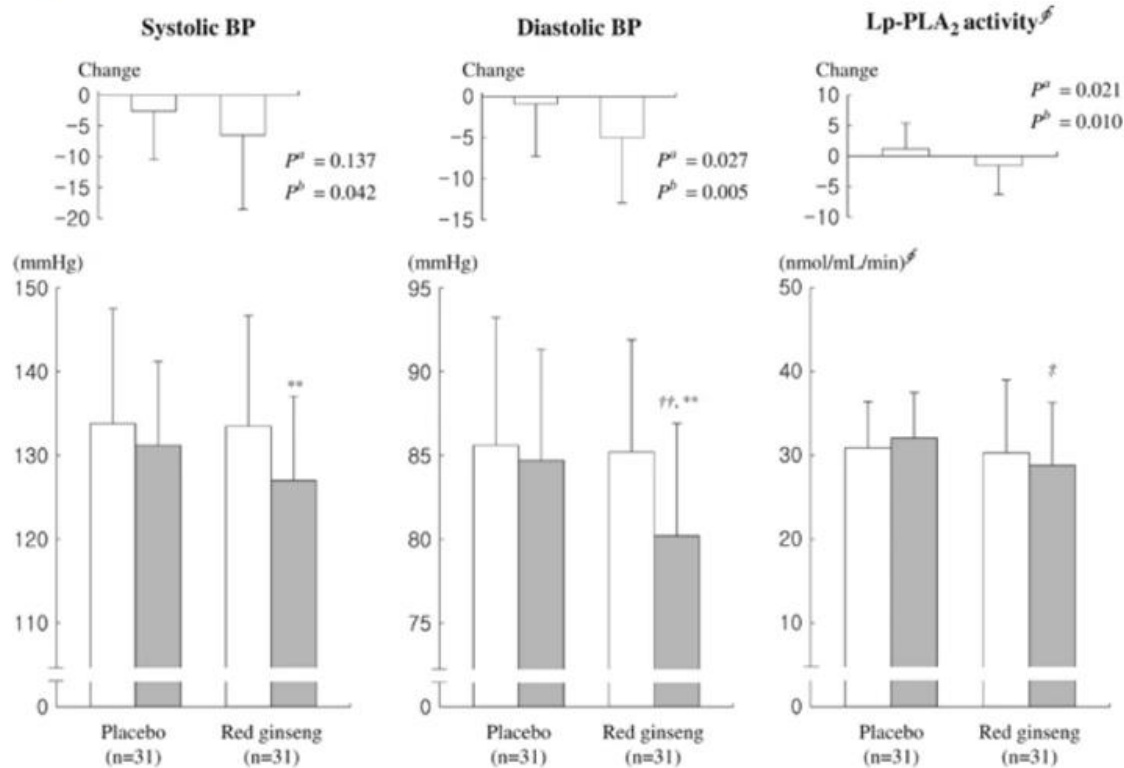


HỒNG SÂM TRONG KIỂM SOÁT HUYẾT ÁP

- Nghiên cứu sử dụng viên nang hồng sâm chứa 16,58mg trong 12 tuần
- Nghiên cứu mù đôi, so sánh với giả dược
- Kết quả: Huyết áp tâm thu giảm 6.5 mmHg và huyết áp tâm trương giảm 5 mmHg ở những bệnh nhân tiền tăng Huyết áp (SP: 130-139, DP: 80-80 mmHg) mà chưa/ không sử dụng thuốc tăng HA.



Figure 1



Results

week follow-up compared with baseline ($P=0.031$ and $P=0.032$, respectively). After the 12-week intervention, individuals receiving red ginseng showed a decrease of 6.5 mm Hg in systolic BP compared with baseline (133.5 ± 2.37 vs. 127.0 ± 1.81 mm Hg; $P < 0.01$) and decrease of 5.0 mm Hg in diastolic BP (85.2 ± 1.20 vs. 80.2 ± 1.21 mm Hg; $P < 0.01$) (Figure 1). In addition,



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Blood pressure-lowering effect of Korean red ginseng associated with decreased circulating Lp-PLA₂ activity and lysophosphatidylcholines and increased dihydrobiopterin level in prehypertensive subjects

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Abstract

We evaluated the effects of red ginseng consumption on blood pressure (BP) and the fasting plasma metabolome. This randomized, double-blind, placebo-controlled study included nonobese, nondiabetic, prehypertensive subjects consuming 10 capsules daily containing 5 g red ginseng ($n=31$) or placebo ($n=31$). Fasting plasma metabolome profiles were obtained