**ELEUTHERO**

**Date:** March 31, 2008

**Proper name(s):** *Eleutherococcus senticosus* (Rupr. & Maxim) Maxim. (Araliaceae) (USDA 2007)

**Common name(s):** Eleuthero, Siberian ginseng (McGuffin et al. 2000)

**Source material(s):** Root (Barnes et al. 2007; Hoffmann 2003)

**Route(s) of administration:** Oral

**Dosage form(s):** Those suited to the allowable route(s) of administration. This monograph is not intended to include food-like dosage forms such as bars, chewing gums or beverages.

**Use(s) or Purpose(s):** Statement(s) to the effect of:

- Used in Herbal Medicine as a tonic to help relieve general debility and/or to aid during convalescence (Bradley 2006; ESCOP 2003; Blumenthal et al. 2000; Mills and Bone 2000).
- Used in Herbal Medicine to help improve mental and/or physical performance after periods of mental and/or physical exertion (Bradley 2006; ESCOP 2003; Hoffmann 2003; Mills and Bone 2000).

**Dose(s):** Preparations equivalent to 0.91-6.0 g dried root, per day (Bradley 2006; ESCOP 2003; Hoffmann 2003; Blumenthal et al. 2000; Mills and Bone 2000).

See Appendix 1 for examples of appropriate dosage preparations, frequencies of use and directions for use, according to cited references. The purpose of Appendix 1 is to provide guidance to industry.
Duration of use: Consult a health care practitioner for use beyond 1 month (ESCOP 2003).

Risk information: Statement(s) to the effect of:

Caution(s) and warning(s):
- Consult a health care practitioner if symptoms persist or worsen.
- Consult a health care practitioner if you are pregnant or breastfeeding (Barnes et al. 2007; ESCOP 2003).
- Consult a health care practitioner prior to use if you have any type of acute infection (Brinker 2001; Mills and Bone 2000).

Contraindication(s): Do not use if you have high blood pressure (Barnes et al. 2007; Brinker 2001; Blumenthal et al. 2000; Mills and Bone 2000; McGuffin et al. 1997).

Known adverse reaction(s): No statement required.

Non-medicinal ingredients: Must be chosen from the current NHPD List of Acceptable Non-medicinal Ingredients and must meet the limitations outlined in the list.

Specifications:
- The finished product must comply with the minimum specifications outlined in the current NHPD Compendium of Monographs.
- The medicinal ingredient may comply with the specifications outlined in the Eleuthero Monograph published in the U.S. Pharmacopoeia or the Eleutherococcus Monograph published in the British or European Pharmacopoeias.

References cited:


References reviewed:


Donovan JL, DeVane CL, Chavin KD, Taylor RM, Markowitz JS. Siberian Ginseng (Eleutherococcus senticosus effects on CYP2D6 and CYP3A4 activity in normal volunteers. Drug Metabolism and Disposition: the biological fate of chemicals. 2003;31(5)519-522.


Appendix 1: Examples of appropriate dosage preparations, frequencies of use and directions for use

Dried root:

- 2-3 g, per day (Bradley 2006; ESCOP 2003; Hoffmann 2003; Blumenthal et al. 2000)
- 1-4 g, per day (Mills and Bone 2000)

Infusion: 2-3 g dried root, per day (Blumenthal et al. 2000)

Directions for use: Pour 150 ml of boiling water over dried root and infuse (Blumenthal et al. 2000).

Fluidextract:

- 1-2 g dried equivalent, 1-3 times per day
  (1:1, 40% ethanol, 1-2 ml) (ESCOP 2003)
- 2-3 g dried equivalent, per day
  (1:1, 2-3 ml) (Blumenthal et al. 2000)

Tincture:

- 2-3 g dried equivalent, per day
  (1:5, 10-15 ml) (Blumenthal et al. 2000)
- 1-4 g dried equivalent, per day
  (1:2, 2-8 ml) (Mills and Bone 2000)

Solid extract:

- 0.91-4.88 g dried equivalent, per day
  (14-25:1, 40% ethanol, 0.065-0.195 g) (ESCOP 2003)
- 2-4 g dried equivalent, per day
  (20:1, 0.1-0.2 g) (Hoffmann 2003)