

GINKGO

(*Ginkgo biloba*)

Clinical Summary

Actions

- Antioxidant
- Anxiolytic
- Nootropic
- Neuroprotective
- Cardioprotective
- Anti-inflammatory
- Circulatory Stimulant
- Peripheral Vasodilator
- Antiplatelet
- Vasoprotective
- Anticoagulant
- Antimicrobial
- Decongestant
- Antiasthmatic

Indications

- Elderly patients as a tonic, convalescence, to support cancer patients undergoing conventional treatment such as chemotherapy, protection against radiation-induced injuries
- Poor cognitive function, memory and concentration, early stage dementia and Alzheimer's disease, depression, anxiety and related disorders, stress, attention and short term memory loss, support for students during exams and study
- Diabetes related nerve system damage, diabetic retinopathy, macular degeneration, wound healing
- Tinnitus, hearing loss, vertigo, headache, migraine, mental fatigue, restless leg syndrome, altitude sickness
- Allergies, asthma, chronic obstructive pulmonary disease, fibromyalgia, multiple sclerosis, systemic lupus erythematosus, Raynaud syndrome, repetitive strain injury (RSI)/carpal tunnel syndrome, glandular fever, osteoarthritis, tinea
- Poor blood circulation, cerebral insufficiency, peripheral vascular disease, coronary heart disease, hypotension, palpitations, stroke (of recent onset), atherosclerosis, hypercholesterolaemia, angina, varicose veins, deep vein thrombosis, peptic ulcer
- Erectile dysfunction, low male fertility, premenstrual syndrome, uterine fibroid pain, breast cyst and mastalgia pain, hyperthyroidism

Traditional Use

The Ginkgoaceae family is said to have originated when dinosaurs were still roaming the earth. *Ginkgo biloba* is the only species of this genus to survive until today making it an oddity in nature - a single species with no known living relatives.

Energetics

Neutral.

Constituents

Flavone glycosides (quercetin, kaempferol, rutin), terpene lactones (ginkgolide A, B, C, J and bilobalide), bioflavonoids, ginkgolic acids, sterols, procyanidins, polysaccharides.

Use in Pregnancy

Insufficient reliable evidence in humans to determine safety. In clinical usage there would be no adverse effects expected.

Contraindications and Cautions

If unusual bleeding or bruising occurs stop use immediately. Although new clinical evidence suggests ginkgo does not affect clotting times, it may be prudent to suspend use for a week prior to major surgery in at-risk populations. Ginkgo should be avoided by anyone with a history of seizures.

Drug Interactions

Caution with buspirone, fluoxetine, HMGCoA reductase inhibitors (statins e.g atorvastatin and simvastatin), omeprazole and anticoagulant/antiplatelet, anticonvulsant, antidepressant, antidiabetic and HIV drugs. May be beneficial, with medical supervision, when combined with donepezil, haloperidol or SSRIs.

Administration and Dosage

Liquid extract 1:1 in 30% alcohol
20 to 40mL weekly