

Study of the efficacy of Korean Red Ginseng in the treatment of erectile dysfunction

Enrico de Andrade, Alexandre A de Mesquita, Joaquim de Almeida Claro, Priscila M de Andrade, Valdemar Ortiz, Mário Paranhos and Miguel Srougi

Abstract

Aim:

To examine the treatment efficacy of Korean Red Ginseng (KRG) in impotent men with erectile dysfunction (ED).

Methods:

A total of 60 patients presenting mild or mild to moderate ED were enrolled in a double-blind, placebo-controlled study in which the efficacies of KRG and a placebo were compared. The patients received either 1 000 mg (3 times daily) of KRG or a placebo.

Results:

The five-item version of the International Index of Erectile Function (IIEF-5) score after the treatment was significantly higher in the KRG group compared with that before the treatment (from 16.4 2.9 to 21.0 6.3, $P < 0.0001$). In contrast, there was no difference before and after the treatment in the placebo group (from 17.0 3.1 to 17.7 5.6, $P > 0.05$). In the KRG group, 20 patients (66.6%), reported improved erection, significant in the global efficacy question ($P < 0.01$); in the placebo group there was no significance. Scores on questions 2 (rigidity), 3 (penetration), 4 and 5 (maintenance), were significantly higher for KRG than those for the placebo when those questions were answered after 12 weeks of each treatment ($P < 0.01$). When the score in the KRG group was compared to the placebo group after the treatment, there was a significant improvement in total score (IIEF-5 score) in questions 3 and 5 for the KRG-treated group ($P < 0.001$ and $P < 0.0001$, respectively). The levels of serum testosterone, prolactin and cholesterol after the treatment were not statistically significant different between the KRG and the placebo group ($P > 0.05$).

Conclusion:

Our data show that KRG can be an effective alternative to the invasive approaches for treating male ED.

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