



Eleuthero Senticosus

Family: Araliaceae

Common Names: Siberian ginseng, Chi wu cha

Parts used: Root

Eleuthero *senticosus* (formerly Siberian ginseng) was marketed as a true ginseng in the US because it has similar properties to *Panax ginseng*, but it belongs to a different genus in the family *araliaceae* so it can't legally be marketed as ginseng.

It's a shrub that grows 12 to 15 feet high in mountain thickets and is native to East Asia, Japan, China and the far east of Russia. Until recently most of the studies of eleuthero root were done by Russian researchers with their findings for prevention and treatment of viruses including herpes, increased mental and physical performance with athletes and much improved quality of life overall.

The chemical constituents are seven primary eleutherosides (a range of glycosides), which are responsible for the herb's adaptogenic properties and complex polysaccharides.

Eleuthero strengthens and supports the immune system. The energy is neutral so it can be used daily to help reduce the likelihood of infectious diseases. Daily intake will enhance immune function, reducing cortisol levels and inflammatory response. Ashwagandha and tulsi (holy basil) will bring synergy to eleuthero for adrenal balance, helping to reduce the stress response and bring the adrenals to a normal function quickly.

It is a good herb for dogs that either cannot settle, are always on guard, hyper-

vigilant about every move in their environment or don't sleep well, which are all similar actions in humans with attention deficit hyperactivity. Eleuthero will help the sleep pattern, bring calm and balance and reduce the stress response of the dog. On the opposite side of this behavior, it's also a good herb for the dog who's tired or sluggish most of the time, is unusually fearful of a lot of things in life and has a low immune response. This is the adaptogenic quality of eleuthero.

Eleuthero is my primary go-to herb for the circulatory system, whether musculoskeletal or cognitive. It increases blood circulation that distributes oxygen and vital nutrients throughout the body and the brain. This action also works to prevent lactic acid build-up in athletes creating more stamina, increased energy and endurance during exercise. This herb is highly beneficial for dogs who work or play hard, compete in sporting trials and agility, are aging or have stagnation and heat. It enhances performance and helps them to recover quickly while preventing immune depletion due to intensive training.



Joyce Belcher is an herbalist and formulator of pet supplements and herbal medicinals for veterinarians and is the founder of Herbs for Life Inc. She lives in York, Maine with her husband, two dogs and two cats; they are all rescues. Visit Joyce at petwellnessblends.com

Other uses of eleuthero for dogs are: as a tonic for arthritis, fatigue, back pain, listlessness, to lessen the negative effects of chemotherapy while enhancing the effectiveness of the chemo. Human studies show successful use of eleuthero to treat bone marrow suppression caused by chemotherapy or radiation.

Eleuthero root is easy to feed as a powder or as a tincture, even as a tea. When brewing as a tea use one part root to four parts water, bring to a low rolling boil for seven to 10 minutes, then simmer for 20 minutes and let cool. Keep in the refrigerator for up to five days, serve in food or water at the dose of two teaspoons per 40 pounds of body weight. It blends well with tonic herbs (herbs that tonify the organs in the body) such as nettle leaf, oatstraw, spirulina and turmeric that can be used daily to balance hyperactivity. Other adaptogens that work well with eleuthero for synergy to the adrenals and immune system specifically are ashwagandha, amalaki, tulsi, astragalus, licorice, rhodiola and schisandra berry. 🍷