

# Red ginseng, vitamin C may increase immune cell activity

3 March 2016



and viral plaque accumulation were substantially reduced by red ginseng and vitamin C supplementation.

"Administration of red ginseng and vitamin C enhanced the activation of [immune cells](#) like T and NK cells, and repressed the progress of viral lytic cycle," the authors write.

**More information:** [Abstract](#)  
[Full Text \(subscription or payment may be required\)](#)

Copyright © 2016 [HealthDay](#). All rights reserved.

(HealthDay)—Red ginseng and vitamin C enhance immune cell activation and suppress viral infection in mice, according to an experimental study published online Feb. 21 in the *Journal of Pharmacy and Pharmacology*.

Hyemin Kim, from the Seoul National University in South Korea, and colleagues examined the anti-viral effects of red ginseng and [vitamin C](#) on influenza A virus/H1N1 infection in mice genetically incapable of synthesizing vitamin C like humans (*Gulo*[?/?]).

The researchers found that red ginseng and vitamin C increased the expression of peripheral blood mononuclear cells and natural killer (NK) cells. In *Gulo*(?/?) mice, red ginseng and vitamin C increased the expression of NKp46, a natural cytotoxic receptor of NK cells and interferon- $\gamma$  production. In the lungs of vitamin C-depleted *Gulo*(?/?) [mice](#), influenza infection increased inflammation and viral plaque accumulation and decreased survival rates; however, inflammation

APA citation: Red ginseng, vitamin C may increase immune cell activity (2016, March 3) retrieved 26 June 2022 from <https://medicalxpress.com/news/2016-03-red-ginseng-vitamin-immune-cell.html>

*This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.*