**Study of the efficacy of Korean Red Ginseng in the treatment of erectile dysfunction**Enrico de Andrade

This study investigates the effectiveness of Korean Red Ginseng as a potential therapeutic for erectile dysfunction.  
  
**Amendments**  
None.   
  
  
**Study Design**  
60 participants with mild to moderate erectile dysfunction were recruited into the study. They were excluded if they had a medical reason for erectile dysfunction (like prostate removed). The 60 men were divided into two groups, 30 in each group, and were given capsules containing 1000mg of ginseng or placebo (this was a double blinded, parallel design, within and between treatment design).  
  
They were tested by an erectile dysfunction questionnaire (IIEF-5) before and after 12 weeks of being in placebo of ginseng treatment.  
  
Participants were 52 years old in the treatment group and 54 years old in the placebo. No significant differences between the two groups in health metrics.

**Discussion**  
Ginseng increases nitric oxide in the endothelium and acts as an antioxidant. Ginseng seems to increase attention, reaction time - possibly through increasing GABA, glutamate, dopamine, noradrenaline, and serotonin uptake in the brain. Ginseng competes with GABA for the binding of the GABA receptor.