# Article information:

Effective substances and mechanism of red ginseng on rats with spleen-deficiency syndrome based on the substance and energy metabolism as well as the “brain-gut” axis - ScienceDirect
<https://www.sciencedirect.com/science/article/abs/pii/S0378874123003069?via%3Dihub=>

# Article summary:

1. Red ginseng is effective in treating rats with spleen-deficiency syndrome (SDS) in Traditional Chinese Medicine (TCM), which is characterized by symptoms such as emaciation, inappetence, and lassitude.

2. The mechanism of red ginseng on SDS involves modulation of substance and energy metabolism as well as the "brain-gut" axis, including regulation of brain-gut peptides and the hypothalamic-pituitary-adrenal (HPA) axis.

3. Different fractions of red ginseng have different effects on SDS, with RGTSF playing a significant role in regulating the HPA axis and metabolism of nutrients associated with intestinal bacteria.

# Article rating:

Appears moderately imbalanced: The article provides some useful information, but is missing several important points or pieces of evidence that would be required to present the discussed topics in a balanced and reliable way. You are encouraged to seek a more balanced perspective on the presented issues by exploring the provided research topics and looking at different information sources.

# Article analysis:

该文章主要探讨了红参对脾虚证大鼠的有效物质和机制，涉及到物质代谢、能量代谢和“脑-肠”轴。然而，该文章存在以下问题：

1. 偏见来源：文章没有提及其他可能的治疗方法或药物，只关注红参的作用。这可能导致读者对其他治疗方法或药物的认识不足。

2. 片面报道：文章只涉及到红参在治疗脾虚证方面的作用，但并未探讨其在其他方面的作用或潜在风险。

3. 无根据的主张：文章声称红参可以调节“脑-肠”轴，但并未提供充分的证据来支持这一主张。

4. 缺失考虑点：文章没有考虑到可能存在的个体差异以及不同剂量和使用时间对红参效果的影响。

5. 主张缺失证据：文章声称红参可以调节HPA轴和代谢，但并未提供充分的实验证据来支持这一主张。

6. 未探索反驳：文章没有探讨可能存在的反驳观点或争议，并且没有平等地呈现双方观点。

7. 宣传内容：文章可能存在宣传红参的内容，而不是客观地呈现其作用和潜在风险。

综上所述，该文章存在一些问题，需要更加客观地呈现红参的作用和潜在风险，并探讨其他治疗方法或药物的优缺点。同时，应该注意到可能存在的个体差异和剂量效应关系。

# Topics for further research:

* Alternative treatments for spleen deficiency
* Other potential benefits and risks of red ginseng
* Evidence for the regulation of the brain-gut axis by red ginseng
* Individual differences and dosage effects of red ginseng
* Experimental evidence for the regulation of HPA axis and metabolism by red ginseng
* Counterarguments and controversies regarding the effects of red ginseng

# Report location:

<https://www.fullpicture.app/item/515d84da66ccb22a9085b655cb9df372>