Red Ginseng for Blood Pressure: A Systematic Review
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Objective: Ginseng is one of the most widely used herbal remedies. This systematic review evaluates the current evidence for regulating blood pressure.

Methods: Systematic searches were conducted on 17 electronic databases without language restrictions. Hand-searches included conference proceedings and our files. Searching terms were ginseng, blood pressure and hypertension. All randomized clinical studies (RCT) of red ginseng as a treatment of blood pressure were considered for inclusion. Methodological quality was assessed using the Jadad score.

Results: Some RCTs will be chosen for systematic reviews. We will evaluate the quality of the research. We will compare the effectiveness of ginseng with placebo for blood pressure. The main outcome measures are the reduction of blood pressure. Subgroup analyses will be assessed for assess the effects of ginseng in hypertension

Conclusion: Collectively these RCTs will provide suggestive evidence for the effectiveness of ginseng in the treatment of hypertension.

Keywords: ginseng, blood pressure, hypertension, systematic review, meta-analysis