

# Sherwin Mansubi, ND

## Ginkgo Biloba

*Ginkgo Biloba's blood thinning effects may be overstated*



Patients undergoing surgery have constantly been warned to discontinue Ginkgo Biloba and other herbs/supplements because of its potential blood thinning effects and the dangers that presents to surgery. Clinicians are warning patients not to take this

venerable herb if they are on aspirin or blood thinning medications depriving them of one of the best studied and most important herbal extracts in the world. Recent studies suggest that Ginkgo does not alter hemostasis, coagulation, and fibrinolysis.

### *Ginkgo biloba*

Ginkgo is the oldest tree species to survive on earth. It turns out moreover, that some of ginkgo's resilience may be transmitted to humans who consume extracts made from its leaves. Ginkgo has been shown in scientific studies to improve circulation of the brain and body, reduce oxidative stress, and act as a general mood enhancer. In these capacities, ginkgo is being studied to treat Alzheimer's disease, cognitive decline, erectile dysfunction, asthma, coughs and convulsions.



As I powerful anti-oxidant, Ginkgo will keep your feeling young by procting your cells against free radicals.

STUDY PUBLISHED IN THE CLINICAL AND LABORATORY HAEMETOLOGY.2003; AUG 23

Given the "reports" that several cases of spontaneous bleeding have ocured in patients treated with Ginkgo biloba it is not surprising to see a study to evaluate the possible blood thing effect of the Ginkgo Extract. A prospective double-blind, randomized, placebo control study was carried out in 32 young, healthy men to evaluate the effect of three different doses of Ginkgo on homeostasis, coagulation, and



fibrinolysis. The study did not reveal ANY alteration of platelet function or coagulation. This suggests that the ginkgo compound was not the cause of the bleeding events. Further research is needed, especially in elderly patients on several medications, but for now it appears that Ginkgo's blood thinning effects may be overstated.