



Ginkgo (Ginkgo biloba)

Text Size:

Basics

Advertisement

Print

Background

Ginkgo (Ginkgo biloba)

Related terms

Natural Standard® Patient Monograph, Copyright © 2012 (www.naturalstandard.com). All Rights Reserved. Commercial distribution prohibited. This monograph is intended for informational purposes only, and should not be interpreted as specific medical advice. You should consult with a qualified healthcare provider before making decisions about therapies and/or health conditions.

Evidence

Dosing

Safety

Methodology

Selected references

Background

Ginkgo biloba has been used medicinally for thousands of years. Today, it is one of the top-selling herbs in the United States.



Ginkgo is used for the treatment of numerous conditions, many of which are under scientific investigation. Available evidence demonstrates ginkgo's efficacy in the management of intermittent claudication, Alzheimer's/multi-infarct dementia, and "cerebral insufficiency" (a syndrome thought to be secondary to atherosclerotic disease, characterized by impaired concentration, confusion, decreased physical performance, fatigue, headache, dizziness, depression, and anxiety).

Although not definitive, there is promising early evidence favoring the use of ginkgo for memory enhancement in healthy subjects, altitude (mountain) sickness, symptoms of premenstrual syndrome (PMS), age-related eye disorders, and the reduction of chemotherapy-induced end-organ vascular damage.

The herb is generally well tolerated, but due to multiple case reports of bleeding, it should be used cautiously in patients on anticoagulant therapy and those with known blood clotting disorders, or prior to some surgical or dental procedures.

Share stories. Learn. Join Mayo Clinic's online community.

Free E-newsletter

Subscribe to Housecall

Our weekly general interest e-newsletter keeps you up to date on a wide variety of health topics.

Sign up now

RSS Feeds

Related terms

Portions of this document last updated: Sept. 1, 2012

NS_patient-ginkgo

THIS EVIDENCE-BASED MONOGRAPH WAS PREPARED BY THE NATURAL STANDARD RESEARCH COLLABORATION (www.naturalstandard.com)

Mayo Clinic Store

Check out these best-sellers and special offers on books and newsletters from Mayo Clinic.

Try Mayo Clinic Health Letter FREE!

Improve heart health in just 10 minutes a day

Reach your fitness goals regardless of age or health

Manage arthritis with this three step-action plan

The Mayo Clinic Diet — Eat well. Enjoy life. Lose weight.

Ads by Google

PG in Hospital Management

1 Year program. 100% Placement with Top Hospitals. 6 Months OJT.

www.inlead.in

Submit Press Release \$59

Network of 12 U.S. State PR Sites. Search Engines, Social Media, Blogs express-press-release.net

Explore Your Brain & Mind

Expert information about brain function, disease, and health.

BrainFacts.org

NEBOSH by Anil Gopinath

@ Cochin, Chennai, Mumbai, Trivandrum & Kayankulam

safetycoursesindia.com/Ph:08086981288

Compare Health Insurance

Health Insurance Comparison in 5min Compare Plans of 40 Insurers Now!

PaisaBazaar.com/Health-Plans

Clinical Research Courses

Part time/Regular-Clinical Research Pharmacovigilance,RegulatoryAffairs

www.sicr.in

products and services advertised.

[Advertising and sponsorship policy](#)

[Advertising and sponsorship opportunities](#)

[About this site](#)

[Site help](#)

[Contact us](#)

[E-newsletter](#)

[Blogs](#)

[Podcasts](#)

[Slide shows](#)

[Videos](#)

[Site map](#)

[Reprint permissions](#)

[Interest Based Ads](#)

Find Mayo Clinic on

[Facebook](#)

[Twitter](#)

[YouTube](#)

[Privacy policy \(Updated Aug. 10, 2012\)](#)

[Terms and conditions of use policy \(Updated Aug. 2, 2011\)](#)

LEGAL CONDITIONS AND TERMS OF USE APPLICABLE TO ALL USERS OF THIS SITE. ANY USE OF THIS SITE CONSTITUTES YOUR AGREEMENT TO THESE TERMS AND CONDITIONS OF USE.

© 1998-2012 Mayo Foundation for Medical Education and Research. All rights reserved.



We comply with the HONcode standard for trustworthy health information: [verify here](#).