**Ginkgo Biloba Benefits: What Is It Used For?**

**Recap:**

If you feel stressed and on the verge of burnout, this ancient plant may be the solution you’ve been looking for!

**Intro:**

We all feel stressed sometimes and high levels of stress can lead to burnout. Many people turn to stimulants like caffeine to stay productive, but that can be unhealthy and increase feelings of anxiety. Instead, *Ginkgo biloba* is a natural supplement that you can use to prevent burnout and fatigue without contributing to racing thoughts and increased tension.

As you will find out later, those benefits are only the tip of the iceberg. First, what is Ginkgo Biloba and how does it work?

**What is Ginkgo Biloba?**

Ginkgo is a tree that is native to China but is grown around the world for medicinal benefits. The ginkgo tree is the last living member of the ancient order Ginkgoales that dates back nearly 300 million years. Ginkgo trees can live a long time up to a thousand years or more. There are ginkgo plants that are thought to have been planted at Chinese temples over 1,500years ago. Many people refer to the unique tree, also known as the maidenhair tree, as a living fossil tree, because it is one of the oldest trees still alive on earth.

The use of ginkgo goes back thousands of years, and in 2600 BCE, the herb was used for asthma and bronchitis. It is also commonly used as a part of traditional Chinese medicine for similar health benefits. This makes it one of the oldest medicines still in use today. In addition, *Ginkgo biloba* extract is also used in manufacturing cosmetics, and the roasted seeds called ginkgo nuts are a culinary delicacy in parts of China and Japan.

**How Does Ginkgo Biloba Work?**

*Ginkgo biloba* has several active compounds that include flavonoids, bioflavonoids, proanthocyanidins, and trilactonic diterpenes. Ginkgo leaves include terpene lactones and flavone glycosides that act as antioxidants.

In addition, ginkgo regulates neurotransmitter action by improving activity at the alpha-2 adrenoreceptor. It may also have inhibitory effects relating to catechol-o-methyltransferase. Indirectly, it may also increase the production of adenosine triphosphate or ATP. This molecule carries production power within cells.

Ginkgo also has vasoactive properties because it antagonizes the platelet-activating factor or PAT. This causes the blood vessels to dilate, which can positively affect blood flow. Finally, this can have anti-inflammatory and protective effects on the human body. (1)

The increased blood flow may help will wellness and brain health. Blood circulation is important for cognitive function and can help to keep the brain healthy. Cerebral circulation is required to feed the brain with oxygen and nutrient-rich blood. It also aids in the removal of carbon dioxide and other waste products from the brain.

Ginkgo may also increase dopamine in the brain and act as a monoamine oxidase inhibitor (MAOI) that reduces levels of monoamine oxidase (MAO). MAO breaks down dopamine and these effects may be beneficial to overall mental well-being.

**What are the Health Benefits of Ginkgo Biloba?**

Throughout the years, ginkgo has been used for a plethora of different reasons. The herb has been used in traditional Chinese medicine for lung ailments such as coughing or wheezing. Others ingest the extract for the nootropic or mental health qualities. Finally, it also contains compounds that help to fight oxidative stress. Let’s look at the amazing benefits it offers.

**Improves Memory and Cognition**

By increasing blood flow throughout the body and improving blood circulation in the brain, ginkgo may act as a natural nootropic herb. The increased brain health can contribute to increased cognition and improve focus and attention spans. (2)

Ginkgo may help the brain function by improving the ability to process information. This can lead to improvements in the quality and quantity of completed tasks. The science behind these effects is simple and the effects result from the increase in blood flow that could help your brain improve to full effectiveness. This can lead to memory enhancement and improved overall brain health.

Research shows that ginkgo can help with concentration so much that it may be effective for ADHD or ADD. (3) Even for those who do not suffer from attention deficiency, it may be a valuable tool for increasing productivity and unleashing cognitive potential. Evidence from a separate research study found that ginkgo improved memory, information recollection, information identification, visual recollection, cognitive function, and verbal skills when compared with a placebo. (4)

**Reduces Anxiety and Depression**

There is research that suggests that ginkgo may be beneficial for mental health and wellness. The reasons that *Ginkgo biloba* is good for anxiety are unknown to science, but these effects are sometimes attributed to the nutrients in the plant. (5) In fact, as long as you stay within the safe dose amounts, the higher dose may help anxiety more than a lower dose. While there are only a few human studies, personal experiences and research are promising for the mental health benefits.

Research on mice found ginkgo can help to reduce the negative effects of stressful situations on the mind. This can help you build resilience for tension and anxiety and improve your ability to function. This may even be a useful tool to prevent anxiety or panic attacks. The study found that coping improvements were related to the anti-inflammatory properties caused by a variety of compounds.

Ginkgo can help with improvements in mood as well and the research results from animal studies show that it may be beneficial for those who suffer from depressive disorders. (6) The reason for this is the wonderful effect that a ginkgo supplement can have on dopamine levels. Ginkgo can help you alleviate your symptoms of depression and improve your mood by making good use of the dopamine that you have. In addition, it may also help you produce dopamine in greater amounts.

While ginkgo works differently than traditional antidepressants, it may be a useful tool for the treatment of grief, sadness, and other negative emotions. Supplements that contain ginkgo extract may be a good way to improve the results of therapy. The evidence we have shows that ginkgo may be an effective tool in reducing or eliminating moderate anxiety and improving mood without taking mind-numbing or sleep-inducing anti-anxiety or antidepressant drugs.

**Improves Symptoms of Psychiatric Disorders and Dementia**

Ginkgo is a great tool to fight against cognitive decline because it increases blood levels in the brain. In addition, it can have positive effects on the mind. Alzheimer’s disease and other forms of dementia can cause increased anxiety, stress, and low amounts of energy. The plant has properties that may help in the treatment of these types of disorders that impact thinking ability and mental health and using it may help with the recovery process.

Ginkgo can slow the rate of decline associated with aging and when used alongside traditional medicines ginkgo extract can increase the ability to function for those who suffer from Alzheimer’s disease or dementia. (7) There are other studies that show similar results with other forms of dementia, especially those of the vascular variety. In addition, it can help to prevent impairment related to aging even if you do not suffer from Alzheimer’s disease or dementia.

**Contains Powerful Antioxidants**

Many of the effects of this medicinal plant are related to the high levels of flavonoids and terpenoids that fight against damage caused by free radicals that are produced when the body breaks down food and when it is exposed to harmful substances like tobacco or radiation.

Free radicals are associated with a variety of disorders and diseases, including heart disease and cancer. This is because they can damage healthy tissues and accelerate the aging process. The nutrients in the leaves can help to prevent these types of diseases and protect you from oxidative stress. Research on the presence of flavonoids and terpenoids in ginkgo biloba shows it has potential for these purposes even though the science behind this benefit is unclear.

**Helps to Fight Inflammation**

When a foreign substance invades the body, one of the common interactions is inflammation. This involves different components of the immune system that fight the substance that entered the body. Inflammation is caused by some diseases as well. Inflammation is also associated with the risk for several ailments and it can cause permanent damage to tissue and DNA.

Ginkgo can fight against inflammation caused by a multitude of states and situations. (8) For example, ginkgo supplements can be useful for the treatment of inflammation related to arthritis, cancer, irritable bowel disease, and more.

**Improves Blood Circulation and Heart Health**

In traditional Chinese medicine, the use of ginkgo biloba was for the opening of energy channels to different portions of the body. The ability of ginkgo to increase blood flow may be the origin of its use as a medicine.

Improving circulation may be beneficial in fighting heart disease, high blood pressure, blood clotting, and peripheral artery disease. Ginkgo biloba dilates blood vessels which can be helpful for people who already suffer from health problems associated with reduced blood flow. (9)

If you do not currently suffer from poor circulation or heart problems, then you may benefit from taking ginkgo to prevent these issues from arising in the future. In fact, ginkgo may reduce your risk of heart attack and stroke. The research is promising and the studies indicate it may be an excellent addition to more traditional treatment options. (10)

**Supports Eye Health**

One of the most talked-about ginkgo biloba benefits is the improvement of eye health. Ginkgo biloba can increase blood flow to the eye in people with glaucoma. Studies on the effect of supplements containing ginkgo biloba on age-related macular degeneration are promising and participants had improvements in their vision. (11,12)

While the research is primarily on people who already suffer from glaucoma or vision problems, there still may be benefits with the vision for those who do not already suffer from eye disease. The increase in blood flow to the eye cannot be bad either way and ginkgo shows potential for related uses.

**Treats Headaches and Migraines**

Ginkgo biloba has been used traditionally for headaches and migraines and people still recommend it for this use. Ginkgo may be especially beneficial for headaches or migraines caused by increased or tension.

Some headaches may also be related to decreased blood flow or constricted blood vessels and ginkgo may help to relieve the pain from these because of the vasodilation. Using ginkgo for this purpose is common and typically considered safe.

**Reduces PMS Symptoms**

Ginkgo biloba can also reduce symptoms associated with premenstrual syndrome (PMS). While the research is slim on this topic, the studies that have been completed show that ginkgo biloba may help both the physical and the psychological PMS symptoms. (13) In fact, the reduction in symptoms was substantial in this study.

**Helps with Asthma and COPD**

Ginkgo biloba has been used for this reason for thousands of ears and can help to improve breathing affected by COPD, asthma, or lung and airway inflammation. When used alongside glucocorticosteroid medication therapy for the management of asthma, ginkgo extract improved the results of the treatment. (14) Ginkgo biloba may even be good for minor respiratory problems like cough and bronchitis.

**Improves Symptoms of Sexual Dysfunction**

Taking ginkgo may help to improve symptoms associated with sexual dysfunction. Studies show that men who take a ginkgo supplement have positive results even when compared to more traditional treatment options. The increase in sexual functions is likely due to the increased blood flow caused by the herbs.

**Improves Tinnitus**

Tinnitus, or ringing of the ears, can cause symptoms like vertigo or dizziness and can be distressing. Research shows that a ginkgo supplement can reduce tinnitus safely and effectively. (16) Since many people suffer from this issue, this is one of the most common reasons for seeking the ingredients found in ginkgo.

**How To Take Ginkgo Biloba**

The beneficial part of the ginkgo herb is the leaves. These can be prepared in many ways to serve different purposes. It is important to know how to properly use it at the correct dosage for health and safety.

**Dosage**

The typical dose for oral ingestion of ginkgo is between 120 and 240 mg per day of ginkgo leaf extract. It is best to start with low doses and work your way up gradually. This can reduce the risk of developing adverse reactions.

We also recommend that you divide the daily amount into two or three servings. This allows you to space out the effect of the herb and avoid interactions associated with consuming too much.

**Available forms**

Ginkgo biloba extracts are collected from the dried leaves of the plant and not as plain herbs. Then, it is made into different forms. The most common form is capsules, but tablets are increasingly popular as well. It is also available as liquid extracts which is a good option for people that have trouble swallowing tablets or pills. This makes consumption easy and you can mix it with your favorite beverage.

None of the forms seem to alter the effectiveness of ginkgo, but taking it as a liquid may provide faster results. However, most of the benefits of it are felt in the long term.

Many people like to consume ginkgo products before bed because it eases their mind and promotes quality rest. It is important to note that it can take 4 to 6 weeks for the herb to develop to its full potential.

**What Are The Side Effects of Ginkgo Biloba?**

There are some minor side effects associated with the active ingredients of the plant like alkylphenols in the herbs and extracts. Some of the symptoms of adverse reactions include nausea, headache, dizziness, constipation, heavy heartbeat, and allergic skin reactions. Some people have also reported increased blood pressure after long-term consumption of this type of supplement.

While the side effects for most people are quite minor, some people should not consume the leaves without seeking the advice of their doctor. We recommend seeking advice from a medical professional before using ginkgo for serious issues like blood clotting, extremely high blood pressure, or heart problems. It is especially important to seek professional advice if you already take prescription blood thinners or anticoagulants because the combination can grow the risk of bleeding.

In addition, ginkgo seeds and ginkgo nuts are not safe to consume in moderate amounts. More than 10 seeds in a day can cause a severe reaction that includes difficulty breathing, weakened pulse, seizures, and death.

Finally, pregnant or breastfeeding women should avoid dietary supplements that contain ginkgo biloba because it may contribute to early labor or excessive bleeding during delivery.

**Conclusion**

Ginkgo biloba can be a beneficial supplement to improve anxiety, well-being, vision, and a plethora of other purposes. The evidence for the multitude of uses is staggering and we have found that the experience can benefit both the mind and the body. Long-term use can prevent disease and provide a sense of calm concentration. If you have found that you have trouble focusing because of intrusive thoughts, then ginkgo biloba may be the supplement you have been looking for.

**FAQs**

**Does Ginkgo Biloba Increase Serotonin?**

Ginkgo may increase serotonin slightly and helps with the normalization of tension-related chemicals like serotonin and corticosterone.

**Can I Take Ginkgo Biloba and Ginseng Together?**

Ginkgo biloba and ginseng can be taken together safely and research actually shows that this may improve upon the positive effects associated with their separate uses. (17) We have found that the combined experience may be beneficial for the processing of information and other cognitive functions.

**Does Ginkgo Biloba Give You Energy?**

Ginkgo biloba does not directly give you energy, but it can help by making you happy, calm, and alert. One study found that it is highly beneficial for combating fatigue. (18)

**Can Ginkgo Biloba Increase IQ?**

Ginkgo biloba can improve your IQ score by allowing you to focus without tension or racing thoughts. This can help productive and task completion as well.

**Is it Good to Take Turmeric and Ginkgo Biloba Together?**

Taking ginkgo with turmeric can have increased health benefits and aid in the prevention of heart problems, dementia, and other illnesses.

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**Meta:**

Ginkgo biloba is an ancient herb that can provide you with powerful benefits for the mind and body. It gives users a boost of antioxidants and can aid with a variety of functions such as…