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## Debunking Medical Myths: Ginkgo Biloba: Does It Relieve Anxiety?

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# GINKGO BILOBA

*Does it relieve anxiety?*

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## 1. What is ginkgo biloba?

Ginkgo biloba, also known as the maidenhair tree, is a type of tree native to China. It is mainly taken as a pill or liquid that uses the extracts of the leaves.

## 2. What is it used for?

Ginkgo biloba's advertised effects certainly sound impressive: improved circulation, antioxidant properties, enhanced brain function, protection against memory loss, and reduced anxiety.

2.

## 3. Does it actually work?

**In a nutshell, not really.**

There isn't any strong evidence that proves that ginkgo biloba can reduce anxiety. In fact, ginkgo biloba can lead to a variety of side effects that may worsen anxiety. There's also a lack of studies that show any positive effect on memory and brain function.

## 4. How safe is it? What are the side effects?

Ginkgo biloba, when taken orally and in moderation, seems to be safe for most healthy adults. However, side effects can include headaches, dizziness, heart palpitations, and constipation.

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## The Big Takeaway

- **Most studies do not show that ginkgo biloba helps with anxiety**
- **More research is needed to determine any legitimate benefits of supplementing with ginkgo biloba**
- **Though generally safe for use, there may be unpleasant and potentially harmful side effects if used with other medications**
- **Always talk to your doctor before trying new medications - reactions can occur depending on other medications or pre-existing conditions**

### References

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