Evaluation of Quaker Essence of Chicken with American Ginseng on Anti-fatigue Function in Male SD Rat Model

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Background: The aim of this study was to investigate whether Quaker Essence of Chicken (with American Ginseng) has an anti-fatigue effect in SD rats. Sixteen Rats were randomly divided into 2 groups, each containing 8 animals. The control group received 2 mL/kg body weight of distilled water. The treated swimming groups were administered Quaker Essence of Chicken liquid at doses of 1.13 mL/kg body weight for a period of 6 weeks treatment. Another 16 rats were repeated the above experiments but for a period of 8 weeks treatment. At the end of experiments, rats were made to perform swimming exercise and the total swimming time until exhaustion was measured. No mortalities occurred during the study. Physical and behavioral examinations did not reveal any treatment-related adverse effects after dosing. Both six-week (227±153 min) and eight-week (153±64 min) treatment groups showed a significant increase swimming time to exhaustion in comparison to control groups. After swimming, liver glycogen did not increase by the treatment of Quaker Essence of Chicken liquid when compared with control groups. These results suggest that Quaker Essence of Chicken liquid improves swimming endurance and has an anti-fatigue effect.

Key words: Quaker Essence of Chicken with American Ginseng, anti-fatigue effect, liver glycogen

Introduction

Throughout the world, patients with chronic diseases tend to be high users of health care resources and/or the health care system. Such patients are also frequent users of Complementary and Alternative Medicine (CAM) services, which are present either within or outside the National Health Service. The reasons for using CAM are diverse; however, hope, engagement in one’s own health and positive expectations of treatment efficacy are nearly always present. Patients with chronic fatigue syndrome (CFS) are no exception. CFS is a challenging illness for patients, as well as those close to them, health care providers and society in general. Western medicine usually has potent treatments readily available for diseases with a single cause and a well-described pathophysiology. However, as of yet, no single cause of CFS has been discovered, although potential factors, which are still questionable, have been identified [1-3]. Several treatments for this condition have been explored; however, none has shown persistent or consistently significant outcomes in this patient population [4-6].

Ginseng, a popular herbal remedy being currently applied to medicine, cosmetics, and nutritional supplements due to its many healing and energy giving proper-