

Comparison of ginseng oils extracted from the berries and seeds of Korean ginseng

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Seeds inside ginseng berries are rich in oil, ranging 15 to 26 wt% and have significantly higher oleic acid content, ca. 68% for Korean ginseng. In addition, the seeds oils possess an ideal oxidative stability, which shows a potential use as healthy edible oil. Although the flesh surrounding ginseng seed also contains useful bioactive substances such as vitamin E and various ginsenosides, it is usually discarded after the separation from ginseng seed. Thus, we tried to extract oil directly from ginseng berry without the separation of seed by using organic solvents. Ginseng oils extracted from the berries and seeds were analyzed with the high performance liquid chromatography for the measurement of Vitamin E and ginsenoside concentration. N-hexane and ethanol at various volume ratios were employed as solvents. Our results show that the oils extracted from ginseng berries showed significantly higher concentration of Vitamin E and ginsenosides than those extracted from ginseng seeds. This suggests that ginseng berry oil might be more active than ginseng seed oil in terms of functional aspects.