Wayne State University

4-1-2023

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

Ryan Katz  
*Wayne State University School of Medicine, fj0982@wayne.edu*

Anne Patterson  
*Wayne State University School of Medicine, hk7999@wayne.edu*

Christian Freitag  
*Wayne State University School of Medicine, hk8162@wayne.edu*

Abigail Limary  
*Wayne State University School of Medicine, hm4507@wayne.edu*

Daniel Gealer  
*Wayne State University School of Medicine, hm6208@wayne.edu*

Follow this and additional works at: [https://digitalcommons.wayne.edu/pat_edu_proj](https://digitalcommons.wayne.edu/pat_edu_proj)

Part of the [Curriculum and Instruction Commons](https://digitalcommons.wayne.edu/pat_edu_proj), [Medical Education Commons](https://digitalcommons.wayne.edu/pat_edu_proj), and the [Public Health Commons](https://digitalcommons.wayne.edu/pat_edu_proj)

**Recommended Citation**

Katz, Ryan; Patterson, Anne; Freitag, Christian; Limary, Abigail; and Gealer, Daniel, "Debunking Medical Myths: Ginkgo Biloba: Does It Relieve Anxiety?" (2023). *Patient Education Projects*. 614.  
[https://digitalcommons.wayne.edu/pat_edu_proj/614](https://digitalcommons.wayne.edu/pat_edu_proj/614)

This Infographic is brought to you for free and open access by the Patient Education at DigitalCommons@WayneState. It has been accepted for inclusion in Patient Education Projects by an authorized administrator of DigitalCommons@WayneState.
**The Big Takeaway**

**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.

**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.

**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.

**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.

---

**References**