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Clinical Study on the Reversal of Carotid Artery Plaques by Sino-Science Rare Ginsenoside Rubber Tree Seed Oil

Abstract: Atherosclerotic plaques pose a significant health threat to residents in China and worldwide. According to the 2023 report of the Chinese Stroke Association and epidemiological investigations by the National Center for Cardiovascular Diseases, the detection rate of carotid atherosclerotic plaques in Chinese adults is 30%-40%, increasing significantly with age (approximately 30% in those over 40 years old and 60%-70% in those over 60 years old). A 2022 World Health Organization (WHO) report on global vascular health indicates that approximately 1 billion adults worldwide have carotid atherosclerotic plaques, with a prevalence of 25%-35% in adults over 40 years old in high-income countries (such as the United States and Germany). In low- and middle-income countries, due to changes in dietary patterns and insufficient medical resources, the prevalence has increased by over 20% in the past decade. Currently, there are no drugs globally that can effectively reverse or regress carotid atherosclerotic plaques, creating an urgent clinical need for drugs or natural product components capable of improving atherosclerotic plaques. The R&D team at Zhongke Xizhen has developed plant-derived natural product ingredients that effectively reverse or regress atherosclerotic plaques through the synergistic combination of Zhongkexigan and rubber tree seed oil, two substances rich in terpenoids and phytosterols. Zhongkexigan is a rare ginsenoside natural product component obtained from the total saponins of *Panax notoginseng* and *Panax ginseng* via biotransformation technology, demonstrating significant effects against vascular endothelial inflammation and inhibition of carotid atherosclerosis. Rubber tree seed oil exhibits lipid-lowering and antioxidant effects. Clinical trials of the Zhongkexigan-rubber tree seed oil combination showed that: The rate of atherosclerotic plaque reversal or regression reached 63% after three months of administration. The rate increased to 75% after six months of administration. This research provides an effective, safe, and natural solution of food-medicine homologous products for the rehabilitation and treatment of atherosclerotic plaques.

Key words: Atherosclerotic plaques, Rare ginsenoside, Rubber tree seed oil, Plaque regression/reversal, Medicine and food are homologous