

Platelet-activating factor

Platelet-activating factor, also known as PAF, PAF-acether or AGEPC (acetyl-glycerol-ether-phosphorylcholine), is a potent **phospholipid** activator and mediator of many **leukocyte** functions, **platelet aggregation** and degranulation, inflammation, and anaphylaxis. It is also involved in changes to vascular permeability, the oxidative burst, chemotaxis of leukocytes, as well as augmentation of arachidonic acid metabolism in phagocytes.

Ginseng (*Panax ginseng*) has **antiplatelet** activity through **thromboxane** inhibition and **platelet-activating factor** ¹⁾.

Some authors also advocate cautious use of ginger and vitamin E when planning a surgery, but the exact antiplatelet mechanism is unclear ²⁾.

¹⁾

Teng CM, Kuo SC, Ko FN, et al. Antiplatelet actions of panaxynol and ginsenosides isolated from ginseng. *Biochim Biophys Acta*. 1989; 990:315-320

²⁾

Stanger MJ, Thompson LA, Young AJ, et al. Anticoagulant activity of select dietary supplements. *Nutr Rev*. 2012; 70:107-117

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