CLAIMS

1. A method for preparing a black ginseng extract enriched with ginsenosides Rk1 and Rg5, the method comprising: a step for steaming ginseng to prepare black ginseng; a step for extracting the prepared black ginseng with a solvent; and a step for maturing the obtained black ginseng extract, wherein the step for maturing the black ginseng extract is performed at 80°C or higher.

2. The method for preparing a black ginseng extract of claim 1, wherein the steaming is performed at 70°C to 120°C for 3 to 12 times.

3. The method for preparing a black ginseng extract of claim 1, wherein the steaming is performed under the condition of 2 hours or more per steaming.

4. The method for preparing a black ginseng extract of claim 1, wherein the step for maturing the black ginseng extract is performed for 3 hours or more.

5. The method for preparing a black ginseng extract of claim 1, wherein the total content of ginsenosides Rk1 and Rg5 contained in the black ginseng extract is 20 parts by weight to 90 parts by weight, based on 100 parts by weight of the total content of ginsenosides Rb1, Rb2, Rc, Rd, Re, Rg1, Rg3(s), Rk1, Rg5, and Rh1(s).

6. A composition comprising a black ginseng extract containing ginsenosides Rk1 and Rg5 as an active ingredient, wherein the total content of ginsenosides Rk1 and Rg5 is 20 parts by weight to 90 parts by weight, based on 100 parts by weight of the total content of ginsenosides Rb1, Rb2, Rc, Rd, Re, Rg1, Rg3(s), Rk1, Rg5, and Rh1(s), wherein the total content of ginsenosides Rk1 and Rg5 contained in the black ginseng extract is 9 mg/g to 30 mg/g.

7. The composition of claim 6, wherein the black ginseng extract further comprises acidic polysaccharides and polyphenols.

8. The composition of claim 6, wherein the composition is a food or pharmaceutical composition.

9. The composition of claim 6, wherein the composition is an anti-aging composition.

10. Use of the composition of claim 6 in the manufacture of a medicament for preventing, inhibiting, or treating a disease caused by an influenza virus, wherein the disease is any one or more selected from the group consisting of cold, flu, cough, sneezing, runny nose, myalgia, pharyngolaryngitis, nasal obstruction, laryngitis, sore throat, hoarseness, headache, sinus pain, rhinitis, pharyngitis, bronchitis, asthma, fever, dyspnea, whole body lethargy, and chills.

11. The use of claim 10, wherein the influenza virus is an influenza A virus.

12. The use of claim 11, wherein the influenza virus is H1N1.

13. Use of the composition of claim 6 in the manufacture of a medicament for preventing, inhibiting, or treating a respiratory disease.

14. The use of claim 13, wherein the respiratory disease is selected from the group consisting of asthma, chronic obstructive pulmonary disease, bronchitis, pharyngitis, laryngitis, rhinitis, sinusitis, and pneumonia.

15. The use of claim 14, wherein the respiratory disease is caused by fine dust or ultrafine dust.