

# GINGER

*(Zingiber officinale)*

## Clinical Summary

### Actions

- Antiemetic
- Carminative
- Digestive Stimulant
- Antidiarrhoeal
- Anti-inflammatory
- Antispasmodic
- Anodyne
- Analgesic
- Antioxidant
- Stimulating Diaphoretic
- Stimulating Expectorant
- Antimicrobial
- Circulatory Stimulant
- Immunomodulatory

### Indications

- Prophylaxis and treatment for nausea, vomiting for morning sickness in pregnancy, motion sickness, postoperative and drug induced nausea.
- Digestive disorders including nausea, vomiting, dyspepsia, colic, gastritis, lack of appetite, diarrhoea especially bacterial diarrhoeal conditions with cramping (cholera, dysentery, E. coli etc.) and GIT discomfort such as stomach cramping, bloating, indigestion, flatulence
- Inflammation including joint pain, osteoarthritis, rheumatoid arthritis
- Migraines; ear infections
- To support mild feverish conditions such as colds and influenza, relief of mild bronchitis and other conditions requiring expectoration
- Cardiovascular health
- Relief of dysmenorrhoea (due to stagnation) especially when it is improved by the application of heat or warm drinks
- Conditions requiring improved peripheral circulation
- Flavouring agent and adjuvant in formulations to promote the activity of the other herbs

### Traditional Use

Known as the 'universal medicine' in Ayurveda, ginger has been indispensable to Indian and

Chinese medicine, and cuisine, since antiquity and it was one of the earliest spices to reach the West.

### Energetics

Hot, drying, pungent.

### Constituents

A volatile oil and resin known collectively as oleoresin which contains sesquiterpenes, such as zingiberene, and pungent phenolic components such as gingerol, shogaol and zingerone.

### Use in Pregnancy

Likely to be safe, but safety cannot be confirmed for high-dose supplements (concentrated extracts). Safe for usual dietary intake. No adverse effects on pregnancy were observed in multiple studies of ginger for nausea and vomiting. Doses up to 2g/day of dried ginger root have been used safely.

### Contraindications and Cautions

None known.

### Drug Interactions

Avoid with nifedipine (sold under the brand name Adalat among others, a calcium channel blocker medication used to manage angina and high blood pressure) and tacrolimus (an immunosuppressive drug). Caution with antidiabetic and anticoagulant/antiplatelet (such as warfarin) drugs. Limited research suggests ginger may reduce severity of anaesthetic-induced post-operative nausea and vomiting if taken pre-treatment. Combining with antiemetic drugs and chemotherapy (e.g. cisplatin) may be beneficial but medical supervision is recommended.

### Administration and Dosage

Liquid extract 1:2 in 90% alcohol  
5 to 10mL weekly