



# GINGER

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There is no better time of year to consider supplementing your nutritional vitamin regimen with ginger, as the root of this plant is a warming herb, used particularly in the fall and winter months. Ginger (*Zingiber officinale*) is an extremely potent remedy with multiple uses. Said to be from the 'Garden of Eden', it has been used in Chinese folk medicine for thousands

of years to treat colds, stomach ailments, nausea, circulatory disease and inflammatory or pain conditions such as arthritis.

Ginger is known as a powerful and natural anti-oxidant and anti-biotic and contains more than 400 chemical compounds, with new components detected and evaluated for their pharmaceutical properties on a continuous basis. The main constituents of ginger, gingerol and shogaol, act similarly to medications by inhibiting the activity of substance P and cyclooxygenase (COX-1 & COX-2) in the inflammation pathway of the body, reducing redness, swelling and pain.

Current studies have shown that ginger is as effective as non-steroidal anti-inflammatory drugs (NSAIDs) in treating pain and inflammation in conditions such as osteoarthritis (OA) through the prevention of cartilage breakdown and the reduction of inflammation and in treating dysmenorrhea (painful menstruation) by reducing inflammation.

Ginger is a great alternative to over-the-counter and pharmaceutical medication, as it works effectively on pain without all of the harsh side effects. It also works as a circulatory stimulant



Ginger may be taken in fresh, dried, powdered, juice or (topical) oil form and recommended dose for inflammation is based on the extent of the condition. For acute inflammation: 5 to 10 mg, daily (two to three divided doses, 1 g powder=10 g fresh ginger root) and for maintenance or chronic conditions: 500 to 1,000 mg, daily is recommended. For nausea, gas or indigestion: 2 to 4 grams of fresh root, daily (0.25



to 1.0 g of powdered root) or 1.5 to 3.0 (30 to 90 drops) of liquid extract, daily. For cold and flu symptoms, sore throat, headache or menstrual cramps: steep 2 tbsp. of fresh ginger root in hot water, 2 to 3 times, daily. A drop of ginger oil or a few slices of root may also be placed in steaming water and inhaled.

This herbal remedy also tastes great! Use by itself in honey syrup form or add to sparkling water for a refreshing ginger ale treat. In hot water, it makes a delicious tea and the root or ground spice may be added to your favorite fall and winter recipes. There are a variety of ginger products available such as syrup, dried root, capsules, tea, liquid extract and candy; among these you may find a product that is just right for you!

\*\*In large amounts ginger may increase bleeding time, and should be used with caution if taking any anti-coagulant, anti-platelet or calcium channel blockers. Ginger should be avoided in people with gallstones as it increases bile production. Side effects of ginger are rare and should be used with caution when pregnant or nursing (1 g is recommended for morning sickness, no more than 6 g, daily). As with all herbal remedies, if pregnant or nursing, it is important to consult with a doctor before adding it to any supplement regimen.