

## Ginger the Natural Medicine

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### Abstract

Ginger is a member of Zingiberaceae family of plants. Ginger has many important medicinal values; it is used for healing strategies in Asia, India, Europe and the Middle east for centuries. Ginger plays a significant role in the treatment of disorders such as arthritis, stomach upset, asthma, diabetes and menstrual irregularities. Ginger is one of the common ingredients in Asian and Indian food recipes. Ginger helps in relieving digestive problems such as nausea, loss of appetite, motion sickness and pain. Ginger the root or underground stem (rhizome) of the ginger plant can be consumed as fresh, powdered, dried as a spice, or as oil form or as a juice.

### Summary statement

- Ginger is one the commonest and healthiest spices available on the planet which has a significant medicinal values.
- The medicinal properties of the ginger are unearthed in this article. Ginger plays a significant role to solve digestive problems such as nausea, loss of appetite, motion sickness and pain.
- Ginger helps to improve the neurological function and protects against alzheimers disease. The various extracts of ginger can be used to prevent various forms of cancer.

**Keywords:** Ginger; Natural Medicine; Health Benefits; Phenolic Compounds; Gingerol.

### Introduction

The rhizome of ginger has been used has a spice across globe. Ginger is an underground root or rhizome of the plant with a firm striated texture. Ginger is a yellow, white or red in colour depending upon the variety. Ginger is a form of root which is a flexible ingredient and which can be consumed in drinks, especially in tea or in cooking. Gingers is also used to make food spicy or it is also used a food preservative [1].



Source: Google

Fig.1: Ginger

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## Health Benefits of Ginger

### 1) Prevents Indigestion

Ginger has a phenolic compound which are known to help in relieving the gastrointestinal irritation, stimulates saliva and helps in bile production and suppress gastric contractions and movements of food and fluids through the gastrointestinal tract [2].

### 2) Prevents Nausea

Ginger can be chewed in raw form or can be taken in tea which is a common home remedy for nausea and also during cancer treatment.



Source: Google

Fig. 2: Ginger tea can help relieve nausea and aid cold recovery.

Ginger helps pregnant women who are experiencing morning sickness especially during the first trimester. Ginger helps to relieve morning sickness, nausea and vomiting. Ginger can be consumed in the form of ginger lozenges or candies.

During winter season, consumption of ginger tea is very good way to keep the body warm. Ginger is a diaphoretic, which means that it promotes sweating, and helps to keep the body warm within. A ginger is helpful in common cold and cough, ginger tea is particularly helpful to relieve cold and cough. Ginger tea can be prepared at home, by taking a slice of about 20-40 gram of fresh ginger and steep in a cup of hot water. A slice of fresh lemon or a drop of honey adds flavour and additional benefits, including vitamin C, this preparation has a lot of antibacterial properties [3].

### 3) Pain Reduction

Ginger is an effective and a natural anti-inflammatory agent which helps to reduce pain and inflammation. Ginger is also found to reduce the signs and symptoms of painful menstruation (dysmenorrhea). A study was conducted in which it was found that the 83% of women who

were consuming ginger capsules reported improvements in pain symptoms when compared with 47% of those who were placed on placebo therapy [3].

### 4) Anti Inflammatory Actions

The anti-inflammatory has been found from centuries and has significant medicinal importance. Ginger and various extracts of ginger have been used traditionally as anti-inflammatory and helps to treat inflammatory conditions. Ginger contains a chemical substance known as 6-gingerol, which is found to have protective effects against cancer and various other infections.

### 5) Ginger Lowers Blood Sugars And Improves Heart Disease Risk Factors

Ginger is found to be helpful in lowering the blood sugar levels and to prevent heart disease and to improve the conditions of heart patients. Ginger helps to improve the risk factors with type 2 diabetes. Ginger significantly reduces the level of LDL (low density lipoprotein) cholesterol and blood triglyceride levels.

### 6) Ginger Improves Brain Function

Ginger improves the memory and attention span and calms the anxious mind of the person. It helps in safeguarding the brain from the free radical damage. Ginger helps to improve the brain function against Alzheimer's disease.

### 7) Ginger Helps To Prevent Cancer

The extracts of ginger have been found to be an alternative for the treatment of several forms of cancer. The anticancer properties of ginger are attributed to 6-gingerol, a substance which is found in large amounts in the raw ginger. Ginger is an antioxidant and a natural cancer fighter. A study was conducted in which it was found that the ginger root supplement was administered to volunteer participants, reduced the inflammation markers in the colon within a month. Ginger has shown promise in clinical trials for treating inflammation associated with osteoarthritis [4]. Ginger is classified as carminative herb which reduces intestinal gas as well as a spasmolytic agent which soothes the intestinal tract.

## References

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