

## Ginger

Latin name: *Zingiber officinale*, *Z. capitatum*, *Z. zerumbet*

Family: Zingiberaceae

### **Miscellaneous:**

- A recent clinical study provided evidence that ginger was 57% more effective than dimenhydrinate at preventing motion sickness.<sup>1</sup>

### **Uses:**

Carminative (digestive aid), antispasmodic. Commission E has approved ginger for these purposes.

### **Mechanism:**

The active compounds responsible for ginger's antiemetic properties are shogaols and gingerols. The exact mechanism is not known. Ginger's actions include the inhibition of thromboxane synthetase and acting as a prostacyclin agonist.<sup>2</sup> Hence, immunological changes and prolonged bleeding time are possible.

### **Dosage:**

Standardization  $\approx$  20% gingerol

Carminative = 2-4 g/day

Motion sickness prophylaxis = 1 g 20-40 min. prior to departure

Motion sickness treatment = 0.5-1.5 g following prophylaxis as symptoms occur

### **Contraindications/Side effects:**

Contraindicated in patients with gall stones, pregnancy. Excessive intake may trigger cardiac arrhythmias and/or CNS depression.

### **Citation References:**

1. Duke, J.: *Dr. Duke's Essential Herbs*: 1999, pp. 242-243.
2. Tyler, V., Robbers, J.: *Tyler's Herbs of Choice: The Therapeutic Use of Phytomedicinals*: 1999, pp. 47-51, 84.

### **General References:**

1. Tyler, V., Robbers, J.: *Tyler's Herbs of Choice: The Therapeutic Use of Phytomedicinals*: 1999, pp. 47-51, 84.
2. Facts And Comparisons: *Guide To Popular Natural Products*: 1999, pp. 96-97.
3. Duke, J.: *Dr. Duke's Essential Herbs*: 1999, pp. 242-243.