

Editorial

Health Benefits of Ginger

Prof. Dr. Azhar Masud Bhatti

Editor-in-Chief

Ginger has been used as spice as well as medicine in India and China since ancient times. It was also known in Europe from the 9th century and in England from the 10th century for its medicinal properties¹. Native Americans have also used wild ginger rhizome to regulate menstruation and heartbeat.

Because of its warming effects, ginger acts as antiviral for treatment of cold and flue. Ginger is also used as a flavoring agent in foods and beverages and as a fragrance in soaps and cosmetics. Ginger is naturally occurring food that has a lot of health benefits associated with it.

Benefits

Possible health benefits include relieving nausea, loss of appetite, motion sickness, and pain. The root or underground stem (rhizome) of the ginger plant can be consumed fresh, powdered, dried as a spice, in oil form, or as juice. Ginger is part of the Zingiberaceae family, alongside cardamom and turmeric.

1. Digestion: The phenolic compounds in ginger are known to help relieve gastrointestinal (GI) irritation, stimulate saliva and bile production, and suppress gastric contractions as food and fluids move through the GI tract.

At the same time, ginger also appears to have beneficial effects on the enzymes trypsin and pancreatic lipase, and to increase motility through the digestive tract. This suggests ginger could help prevent colon cancer and constipation.

2. Nausea: Chewing raw ginger or drinking ginger tea is a common home remedy for nausea during cancer treatment.

Taking ginger for motion sickness seems to reduce feelings of nausea, but it does not appear to prevent vomiting.

Ginger is safe to use during pregnancy, to relieve nausea. It is available in the form of ginger lozenges or candies.

3. Cold and flu relief: During cold weather, drinking ginger tea is good way to keep warm. It is diaphoretic, which means that it promotes sweating, working to warm the body from within.

To make ginger tea at home, slice 20 to 40 grams (g) of fresh ginger and steep it in a cup of hot water. Adding a slice of lemon or a drop of honey adds flavor and additional benefits, including vitamin C and antibacterial properties.

This makes a soothing natural remedy for a cold or flu.

4. Pain reduction: A study involving 74 volunteers carried out at the University of Georgia found that daily ginger supplementation reduced exercise-induced muscle pain by 25 percent.

Ginger has also been found to reduce the symptoms of dysmenorrhea, the severe pain that some women experience during a menstrual cycle.

5. Inflammation: Ginger has been used for centuries to reduce inflammation and treat inflammatory conditions. A study published in Cancer Prevention Research journal reported that ginger supplements, which are available to buy online, reduced the risk of colorectal cancer developing in the bowel of 20 volunteers.

Ginger has also been found to be "modestly efficacious and reasonably safe" for treating inflammation associated with osteoarthritis.

6. Cardiovascular health: Other possible uses include reducing cholesterol, lowering the risk of blood clotting, and helping to maintain healthy blood sugar levels. More research is needed, but if proven, ginger could become part of a treatment for heart disease and diabetes.

7. Improves Immunity: Gingerol the bioactive compound found in raw ginger, boosts immunity with its antimicrobial and antifungal properties. Ginger also contains antioxidants and anti-inflammatory properties. The combination of these properties has many benefits.

8. Alleviates PMS Symptoms: Menstrual pain is a common symptom during a woman's cycle. but incorporating Ginger might make it more manageable. Using ginger during the first 3 days of your menstrual cycle helps with pain relief.

9. Relieves Nausea and Upset Stomach: Most well known health side effects of ginger is its ability to relieve nausea. whether it's from motion sickness, migraines, morning sickness.

10. Healthier Skin: Ginger improve the health of your skin with antioxidants, increased blood circulation, and antiseptic properties. The antioxidants protect the skin look younger and rauter.

11. Weight Loss Aid: Some studies have shown that consuming ginger helps aid in weight loss.

12. Lowers Blood Pressure

13. Anti-bacterial properties

14. Blood sugar regulator

15. Lower the cholesterol level

16. Improve Brain function

Improve brain functions and protect alzheimer's disease.

17. Prevent different cancers like: The occurrence of GI cancer is very high in developed countries. In the United States, GI cancer accounts to 20 percent of all newly diagnosed cancer cases. Among different GI cancers, colorectal cancer is the most common cancer and is the second leading cause of death².

Accumulated evidences revealed that changing lifestyle could prevent all these cancers. The major change in

lifestyle which proves beneficial include avoiding tobacco, increased ingestion of fruits and vegetables, moderate use of alcohol, caloric restriction, exercise, minimal meat consumption, intake of whole grains, proper vaccinations, and regular health checkups. The link between healthy diet and cancer has been revealed in numerous studies³⁻⁵.

Evidences from in vitro, animals, and epidemiological studies suggests that ginger and its active constituents suppress the growth and induce apoptosis of variety of cancer types including skin, ovarian, colon, breast, cervical, oral, renal, prostate, gastric, pancreatic, liver, and brain cancer. These properties of ginger and its constituents could be associated with antioxidant, anti-inflammatory, and antimutagenic properties as well as other biological activities⁶.

Ginger and its constituents are also effective against pancreatic cancer. Park et al have shown that 6 gingerol inhibits the growth of pancreatic cancer.

Colorectal Cancer:

Anticancer activities of ginger against colorectal cancer have been well documented. Numerous in vitro studies showed that ginger and its active components inhibit growth and proliferation of colorectal cancer cells.⁷ Whole ginger extract also prevent the primary stage of colon carcinogenesis.

Clinical Studies of Ginger against G1 cancer

Study in human subjects showed that ginger delays the nausea which is stimulated during chemotherapy. In this clinical study, patients with cancer receiving chemotherapy were given normal diet, protein drink with ginger, and additional high protein with ginger twice daily. They found that protein meals with ginger reduced and delayed nausea due to chemotherapy and reduced the use of antiemetic medications⁸.

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