

Ginger: The Natural Medicine

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ABSTRACT

Ginger has been utilized for its therapeutic properties for centuries among many cultures. In history, Ginger was utilized for relieving digestive problems such as nausea, loss of appetite, motion sickness and pain. The origin or secretive stem (rhizome) of the ginger plant can be spent fresh, powdered, dehydrated as a spice, in oil form or as juice.

Summary statement

- *Ginger is among the healthiest spices on the planet which has lot of medicinal values.*
- *Ginger medicinal properties are unfolded here in this article. Ginger treated for problems such as nausea, loss of appetite, motion sickness and pain.*
- *Ginger develops brain function and protects against Alzheimer's disease. Ginger extracts can be used to prevent various forms of cancer*

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INTRODUCTION

Ginger is the alternative rhizome of the ginger plant with a firm striated texture. The flesh of the ginger rhizome can be yellow, white or red in colour, dependent upon the diversity. Ginger is grown as a root and it is a variable ingredient that can be consumed in drinks or in cooking. It can be used to make foods spicy and even as food preservative [1].

Several research studies have shown the effectiveness of ginger against diabetes and its complications. An experimental study indicated that ginger extract with high content of gingerol significantly lowered blood glucose, serum total cholesterol, LDL, VLDL, and triglycerides and raised the HDL values. Ethanolic extract of ginger reduced body weights, levels of glucose, insulin, total cholesterol. The health promotion perspectives of ginger are well known. It can help to treat a wide range of diseases through its immuno nutrition and anti-inflammatory

properties. The anticancer properties of ginger is also well known and its functional ingredients like gingerol, shogaol and paradols are the valuable ingredients which can prevent cancer, angiogenesis and metastasis, induction of apoptosis and inhibition of cell cycle progression. Besides all this benefits it improves cardiovascular disorders, diabetes mellitus and gastrointestinal health.

HEALTH BENEFITS OF GINGER



Fig. 1. Ginger.

Prevents Indigestion

The phenolic compounds in ginger are understood to help relieve gastrointestinal irritation, stimulate saliva and bile production and suppress gastric

contractions and movement of food and fluids through the GI tract (Figure 1) [2].

Pregnant women experiencing morning sickness can safely use ginger to relieve nausea and vomiting, often in the form of ginger lozenges or candies.

During cold weather, drinking ginger tea is good way to keep warm. It is diaphoretic, which suggests that it promotes sweating, working to warm the body from within. As such, in the wake of a cold, ginger tea is particularly useful (Figure 2).

Prevents Nausea

Chewing raw ginger or drinking ginger tea is a popular home remedy for nausea during cancer treatment.

To make ginger tea at home, slice 20–40 g of fresh ginger and steep in a cup of hot water. Adding a slice of lemon or a drop of honey adds flavor and supplementary benefits, including vitamin C and antibacterial properties [3].



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

Pain Reduction

Ginger has also been found to decrease the symptoms of dysmenorrhea (severe pain during a menstrual cycle). In one study, 83% of women taking ginger capsules described improvements in pain symptoms compared to 47% of those on placebo [3].

Anti-inflammatory Actions

Ginger has been utilized for periods to reduce inflammation and treat inflammatory conditions. Ginger contains a substance called 6-gingerol, which may

have protective effects against cancer and various other infections.

Ginger Lowers Blood Sugars and Improves Heart Disease Risk Factors

Ginger has been shown to lower blood sugar levels and improve heart disease risk factors in patient with type 2 diabetes. Ginger significantly reduces the LDL (low density lipoprotein) cholesterol and blood triglyceride levels.

Ginger Improves Brain Function

Ginger enhances brain function and protect against Alzheimer's disease.

Ginger Helps to Prevent Cancer

Ginger extract has been studied as an alternative treatment for several forms of cancer. The anti-cancer properties are attributed to 6-gingerol, a substance that is found in large amounts in raw ginger.

A study issued in *Cancer Prevention Research* journal found that a ginger root supplement administered to volunteer participants reduced inflammation markers in the colon within a month. Researchers on the study described that by decreasing inflammation, the risk of colon cancer is also likely to decrease. Ginger has also shown promise in clinical trials for treating inflammation associated with osteoarthritis [4].

CONCLUSION

Ginger has various health benefits in context with the diabetes patients, it helps to reduce pain specially in dysmenorrhea. Ginger is a home remedy which helps to relive cold, flu, arthritis and helps to beautify skin. Ginger has been beneficial to improve the immunity of the patient. Health comes from the farm not from the pharmacy, so ginger has been in use has the natural medicine with various benefits.

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