

# Ginger

*Zingiber officinale* Roscoe

[Fam. *Zingiberaceae*]

## OVERVIEW

Ginger has been used for millennia as a common spice, food, and medicine and is mentioned in the medical texts of Indian, Chinese, and Greco-Roman traditions. Ginger dietary supplements have become increasingly popular in the past decade and are used to help calm the nausea associated with motion sickness. China and India have cultivated ginger since ancient times and remain the world's leading producers.

## USES

Motion sickness; morning sickness associated with pregnancy; hyperemesis gravidarum (excessive vomiting associated with pregnancy); chemotherapy-induced nausea; nausea after surgery; osteoarthritis.

## DOSAGE

For motion sickness, take every 4 hours as needed.

FRESH OR DRIED GINGER: 2–4 g daily.

POWDERED DRY EXTRACT: 500 mg, 30 minutes before travel, and then 500 mg every 4 hours until end of travel.

INFUSION OR DECOCTION: 0.25–1.0 g in 150 ml boiled water, up to 3 times daily.

FLUID EXTRACT: 0.25–1.0 ml, 3 times daily [1:1 (*g/ml*)].

TINCTURE: 1.25–5.0 ml, 3 times daily [1:5 (*g/ml*)].

## CONTRAINDICATIONS

Consult a healthcare provider before using ginger in cases of gallstones or gall bladder diseases.

**PREGNANCY AND LACTATION:** Fresh ginger is safe when used in moderation. Women have used ginger to prevent or treat morning sickness during the first trimester. However, pregnant women should use caution in taking excessive daily dosages of more than two grams of dried ginger and should consult their healthcare provider regarding the use of ginger or any dietary supplements during pregnancy or while nursing.

## Comments

When using a dietary supplement, purchase it from a reliable source. For best results, use the same brand of product throughout the period of use. As with all medications and dietary supplements, please inform your healthcare provider of all herbs and medications you are taking. Interactions may occur between medications and herbs or even among different herbs when taken at the same time. Treat your herbal supplement with care by taking it as directed, storing it as advised on the label, and keeping it out of the reach of children and pets. Consult your healthcare provider with any questions.



## ADVERSE EFFECTS

Fresh and raw ginger in its natural form are not known to cause adverse side effects.

## DRUG INTERACTIONS

There are no known drug interactions. According to anecdotal reports, ginger may interact with the blood-thinning drug warfarin (Coumadin®, Sofarin), but this has not been scientifically proven. Nevertheless, caution should be used when taking warfarin and ginger simultaneously. Ginger does not seem to affect the absorption of other drugs when taken at the same time.



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