Traditional/culinary uses of ginger

In this guide

In this guide

Human Studies

Author/Date	Study type	Study size/No. of Patients at End	Exposure (ginger dose/day)	Study period	Length of Treatment (days)	Main outcome measures	Main result
Chittumma *et al.*, 2007	Randomized double-blind controlled trial.	126/123	Ginger powder capsules (325 mg ×2, 3x/d, = 1950 mg/day).	4 days	4	Change in nausea and vomiting scores (3 symptoms on Rhodes index); occurrence of side-effects.	Only m side ef observ difenc betwe groups

Ensiyeh *et al.,* 2005	Double-blind randomised controlled trial.	70/69	Ginger powder capsules (500 mg 2×/d =1000 mg/day)	3 months	4	Severity of nausea (VAS 0–10); number of vomiting episodes; general response to treatment (5-item Likert scale); occurrence of side-effects or adverse pregnancy outcome.	Two sponta aborti ginger 1 in B6 no cor anoma observ babies to terr
Fischer-Rassmussen *et al*., 1991	Double-blind randomised crossover trial.	30/27	Ginger powder capsules (250 mg 4 times per day = 1000 mg/day).	11 days	4	Preference of treatment period; relief scores (4-point scoring system); outcome of pregnancy.	One sponta aborti electe adver effects observ remai subjec

Portnoi, 2003	Not specified.	187 pregnant women.	Various, not specified.	up to 12 months post birth.	Minimum of 3 days.	Safety and effectiveness of ginger for nausea and vomiting of pregnancy (NVP).	Three malfor were r in the group, ventric septal (VSD), lung abnorr and ki abnorr (pelvie One incide idiopa centra precoc puber age 2 No sig differe betwe two gr terms births, sponta aborti stillbir therap aborti birth w or ges age.

Smith, 2004	Randomized, controlled equivalence trial.	291 women, less than 16 weeks pregnant.	1.05 g ginger.	3 weeks.	3 weeks.	Ginger verses B6 for the treatment of nausea or vomiting in pregnancy.	Three sponta abortio ginger 9 abor B6 gro
Vutyavanich, 2001	Double blind	32	Ginger powder capsules (250 mg 4x/day =1000 mg/day).	5 months.	4	Severity of nausea (VAS 0–10); number of vomiting episodes; general response to treatment after 1 week (5-item Likert scale); occurrence of side-effects and adverse pregnancy outcomes.	No sig advers effects ginger pregna outcor

Human studies – Platelet Aggregation

Author/date	Study design	Population/study size	Study Duration	Exposure	Outcome

Bordia *et al.,* 1997	Placebo controlled trial.	Patients with confirmed myocardial infarction N = 60.	3 months. Outcomes measured at: baseline, 1.5 months and 3 months.	Dose: 4g per day Unstandardised capsules.	Platelet aggr Agonist(s): Al Epi.
Bordia *et al.,* 1997	NA	NA	NA	NA	Fibrinogen;
Bordia *et al.,* 1997	NA	NA	NA	NA	Fibrinolytic a
Lumb. 1994	Randomised, double-blinded placebo-controlled crossover trial.	Healthy male volunteers N=8.	Total study period: 2 x 1 day, at least 14 days washout period. Outcomes measured immediately before, 3 hrs, and 24 hrs post consumption of ginger.	Dose: 2g (4 x 500 mg) dried ginger per day Unstandardized capsules.	Platelet aggr Agonist(s): AA collagen, rist ADP; Bleedin Platelet coun Thromboelas

Srivastava 1989	Open-label single-arm trial.	Healthy female volunteers, N = 7.	Total study period: 7 days. Outcomes measured at baseline and 7days post-consumption.	Dose: 5g raw ginger per day.	Platelet thror B2 productio
Young *et al.,* 2006	Not specified.	20	72 days.	1 g ginger (+ 10 mg nifedipine).	Synergistic e ginger and ni on anti-platel aggregation i human volun hypertensive

In vivo studies

Author	Test System	Study size	Exposure	Characterisation of test substance	Duration	Main outcome measure	Outcom

Wilkinson 2000	Sprague-Dawley rats, F.	43	Oral, drinking water on days 6-15.	20 g/L or 50 g/L ginger tea.	20 days.	Reproductive and developmental toxicity.	Embryo loss in t treated groups 2 times th the cont Exposed fetuses to be significa heavier control. gross structur malform observe

Effect on Platelet Aggregation

Author	Test System	Study size	Exposure	Characterisation of test substance	Main outcome measure	Outcome
Srivastava 1989	Open-label single-arm trial.	Healthy female volunteers, N = 7.	Total study period: 7 days. Outcomes measured at baseline and 7 days post-consumption.	Dose: 5g raw ginger per day.	Platelet thromboxane B2 production.	Ginger consumptio resulted in a 37% inhibition of thromboxan B2 production (p<0.01).