GINGER

Date: January 18, 2008

Proper name(s): Zingiber officinale Roscoe (Zingiberaceae) (USDA 2008)

Common name(s): Ginger (McGuffin et al. 2000; Wiersema and León 1999)

Source material(s): Rhizome (McGuffin et al. 2000; WHO 1999; Bradley 1992)

Route(s) of administration: Oral

Dosage form(s): Those suited to the allowable route(s) of administration. This monograph is not intended to include food-like dosage forms such as bars, chewing gums or beverages.

Use(s) or Purpose(s): Statement(s) to the effect of:

- (Clinically shown to) help(s) prevent nausea and vomiting associated with motion sickness, and/or seasickness (Lien et al. 2003; Riebenfeld and Borzone 1999; Schmid et al. 1994; Fischer-Rasmussen et al. 1990; Grøntved et al. 1988; Mowrey and Clayson 1982).

- Traditionally used in Herbal Medicine to help relieve digestive upset/disturbances including lack of appetite, nausea, digestive spasms, indigestion, dyspepsia and flatulent colic (carminative) (Mills and Bone 2000; Bradley 1992; Ellingwood 1983 [1919]; Felter and Lloyd 1983 [1898]).

- Traditionally used in Herbal Medicine as an expectorant and antitussive to help relieve bronchitis as well as coughs and colds (Mills and Bone 2000; Bradley 1992; Ellingwood 1983 [1919]; Wren 1907).

Dose(s):

Subpopulation: Adults, adolescents and children ≥ 6 years (ESCOP 2003)
**Quantity:**

**Anti-nausea use:** Preparations equivalent to 0.5-2 g dried rhizome, per day (Mills and Bone 2005; ESCOP 2003; Bradley 1992)

**Directions for use:** Take a single dose 30 minutes before travel (Mills and Bone 2005; ESCOP 2003) (Optional: and every 4 hours as necessary (Riebenfeld and Borzone 1999; Schmid et al. 1994)).

**Other uses:** Preparations equivalent to 0.3-3 g dried rhizome, per day (Mills and Bone 2005; Bradley 1992; Felter and Lloyd 1983[1898]; Wren 1907)

See Appendix 1 for examples of appropriate dosage preparations, frequencies of use and directions for use, according to cited references. The purpose of Appendix 1 is to provide guidance to industry.

**Duration of use:** No statement required.

**Risk information:** Statement(s) to the effect of:

**Caution(s) and warning(s):** Consult a health care practitioner if symptoms persist or worsen.

**Contraindication(s):** No reports known.

**Known adverse reaction(s):** No reports known.

**Non-medicinal ingredients:** Must be chosen from the current NHPD List of Acceptable Non-medicinal Ingredients and must meet the limitations outlined in the list.

**Specifications:** Must comply with the minimum specifications outlined in the current NHPD Compendium of Monographs.

**References cited:**


Felter HW, Lloyd JU. King’s American Dispensatory, Volume 2, 18th edition. Sandy (OR): Eclectic Medical Publications; 1983 [Reprint of 1898 original].


References reviewed:


Careddu P. Motion sickness in children: Results of a double-blind study with ginger (Zintona R) and dimenhydrinate. European Phytotherapy 1999;6(2):102-7.


Appendix 1: Examples of appropriate dosage preparations, frequencies of use and directions for use

Anti-nausea use:

Dried rhizome:
- 1-2 g, per day (Mills and Bone 2005; Bradley 1992)
- 0.5-2 g, per day, in single or divided doses (ESCOP 2003)

Directions for use: Take a single dose 30 minutes before travel (Mills and Bone 2005; ESCOP 2003) and every 4 hours as necessary (Riebenfeld and Borzone 1999; Schmid et al. 1994).

Other uses:

Dried rhizome:
- 0.75-3 g, per day (Mills and Bone 2005)
- 0.25-1 g, 3 times per day (Bradley 1992)
- 0.6-2 g (10-30 grains), per day (Felter and Lloyd 1898 [1893])

Fluidextract: 0.6-1.2 g dried equivalent, per day
(1:1, 0.6-1.2 ml (10-20 minims)) (Wren 1907)

Tincture:
- 0.4-1 g dried equivalent, per day
  (1:2, 0.7-2 ml) (Mills and Bone 2005)
- 0.3-1 g dried equivalent, per day
  (1:5, 1.7-5 ml) (Mills and Bone 2005)
- 0.1-0.2 g dried equivalent, 3 times per day
  (1:2, 90% ethanol, 0.25-0.5 ml) (Bradley 1992)
- 0.3-0.6 g dried equivalent, 3 times per day
  (1:5, 90% ethanol, 1.5-3.0 ml) (Bradley 1992)