

GINGER, THE SUPER-SPICE, BOON FOR HEALTH



Surg RAdm Girish Gupta NM, VSM (Retd)
DCH, DNB, DM, FNNF

Professor & Head
Dept of Pediatrics
SGRR Medical College
Dehradun.

Email: dscnnf@gmail.com

Ginger is the most widely used dietary condiment in the world today. It's actually part of the plant family that includes turmeric and cardamom, which may explain why the health benefits of ginger are so extraordinary.

Mechanism:

Of the many different chemicals found in ginger root, the therapeutic benefits come from gingerols, the oily resin from the root that acts as a **highly potent antioxidant & anti-inflammatory**.

Health Benefits:

In following conditions use of ginger has been proven beneficial.

1. Indigestion, nausea, retching & vomiting, post-surgery vomiting, during cancer treatment, sea sickness or morning sickness of pregnancy & irritable bowels.
2. Pain arising from muscles & joints both of acute or chronic nature. It is of special benefit in osteoarthritis, especially in winters.
3. Helpful in managing Diabetes, high cholesterol, obesity & heart diseases.
4. Ginger enhances breast milk production of a lactating mother.
5. Useful in management of Cancer therapy of Colon & Breast etc.
6. Also useful in treatment Viral, Bacterial, Fungal infections including Malaria. Ginger consumption along with honey is especially useful & at times more powerful than antibiotics.
7. Reduces irritant throaty cough.
8. Delays the aging process & preserves mentation.
9. Migraine
10. Reduces menstruation related pains in ladies
11. Many others, yet to be proven by scientific data

Forms of Ginger for consumption:

1. Raw root
2. Dried root
3. Powder
4. Ginger tea, especially with honey & lemon
5. Pickle
6. Paste
7. Extract oil
8. Pickle
9. Candies
10. Chewing gums
11. Mixed with buttermilk, Heeng, Jeera, with Salt, an excellent gas relieving & gut comforting drink.
12. Miscellaneous

Daily Consumption:

Though it will depend on the form of Ginger use, however, on average 1-3gms, 2-3 times per day. It could be customized based on specific indication.

Ill effects:

Essentially nil, may have slight belching, burning in epigastrium. It is proven by studies that it has practically no significant ill effect on the efficacy of blood thinning drugs. However, it is better to be more cautious in such settings. It has no adverse effects on foetus |& safe to take during pregnancy. Diabetic patients may be required to down dose their drugs for sugar control.

Conclusion:

Ginger is a worthy superfood spice. Its **optimal use on daily basis** will do well for the health in all ages. Please enjoy gustatory, olfactory & health benefits of Ginger to the hilt.

Wishing you positive health now & ever.