

Ginger

OVERVIEW

As in Figure 1, Ginger (*Zingiber et al.*) is an herbaceous plant with a versatile range of uses. It is available in different forms, such as dry Ginger, oil, candy, and ginger squash, and is used not only as a flavoring agent but also as a traditional cure for common health issues.

Regulations: Had been registered in USA, U.K., and KSA.

Registered number (S.A.): SKU: (226743).

General information

✓ **Registered company:** Strepsils®

Mechanisms of action

Ginger's exact mechanism of action as an antiemetic is unknown; however, it seems to block serotonin receptors and have antiemetic effects on the CNS and GIT. Ginger extract has demonstrated its potential anti-inflammatory quality by preventing the expression of cyclooxygenase-2 and tumor necrosis factor- α .

Indications

It is used as a flavoring agent for different foods and beverages and as a fragrance in soaps and cosmetics. In medicine, Ginger is traditionally used for malaria, snake bites, and toothache, and as a galactagogue, diaphoretic, motion sickness, analgesic, antitussive, anti-flatulent, antacid, nausea, and vomiting, especially for pregnant women, and diuretic. Back pain, asthma, burns, colic constipation, diarrhea, hyperlipidemia, hypertension, erectile dysfunction, irritable bowel syndrome, and vertigo need more clinical investigations.

Route of administration

- Powder
- Oil
- Candy
- Ginger squash

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Dosing/administrations

Oral

The recommended dose for adults is 0.5-3 g/day for up to 12 weeks, while for pediatrics, it is 0.75 to 2 g/day for 3-4 days.

Topical

No specific data were available.

Dose in renal/hepatic failure/geriatric dose: no available information.

Drug interaction

Ginger has many interactions with various substances, such as:

Anticoagulant, antidiabetic, anti-platelet, CCB, cyclosporine, CYP450 substrate (CYP3A4, CYP2C9, CYP2B6, CYP1B2), losartan, and metronidazole.

Pharmacokinetic

After consuming Ginger, some metabolites, such as 6-gingerol, 8-gingerol, 10-gingerol, and 6-shogaol, were formed through glucuronides, thiol-conjugates, and sulfates. Then, it was distributed throughout the body, with an elimination half-life estimated to be 0.5-3 hr.

Adverse effect

Ginger is generally well tolerated, but a very high dose in rare cases may produce adverse reactions, such as abdominal upset, burping, heartburn, diarrhea, and a pepper-like irritant effect in the mouth and throat.

Toxicology

In general, Ginger is safe and effective, providing reassurance to healthcare professionals and individuals seeking alternative medicine.

Contraindication

Precaution: There is no good evidence to support using Ginger for COVID-19.

Monitoring required: for pregnant ladies.

Look alike/sound alike: not available.

High alert: Not available.

Toxicity if antidote is required: not available.

Storage if there is a particular condition: not available.

Patient counseling

How to use this natural product

- Tell your doctor if you receive Ginger.
- Avoid using Ginger if you have an allergy to it.
- If you are at high risk of miscarriage, avoid using it.
- Could you not mix it with other drugs?



Figure 1: Ginger

Cost Analysis

Country	Products	Registration No.	Company	Price
Saudi Arabia	Strepsils Lozenges Ginger 16 Lozenges.	SKU: (226743)	Strepsils®	30.5 SAR.
United state	Chewable Ginger Tablets.	734027909014 B01LADXY44	The Ginger People	25.2 SAR.
United Kingdom	Simply Pure Organic Vegan Ginger	B01C4C7O9G	Natural Soil Association Certified	44.03

CONFLICT OF INTEREST

The authors declare that there is no conflict of interest.

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