

Effect of raw ginger and ginger oil on pain

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ABSTRACT

Introduction: Ginger is a potent antiemetic, anti-inflammatory, antitumorogenic, antimicrobial, and antiviral agent. The increasing awareness in both medical community and among public has led to the use of unconventional and alternative treatment modalities by patients. The main aim of this study is to prove the efficacy of raw ginger and ginger oil on different kinds of pain. **Materials and Methods:** A study was carried out among 30 people with different pains such as arthritis, back pain, tennis elbow, migraine, and joint pain. 30 people were divided into two groups. Group A consists of 15 people consuming raw ginger and Group B consists of 15 people consuming drops of ginger oil. A pain scale is used to measure the pain before and after the usage of raw ginger and ginger oil for a month. **Results:** About 86% of the pain has been cured by the use of raw ginger within 30 days and 100% of the pain has been cured by the use of ginger oil. **Conclusion:** A 1-month period of therapy with doses of ginger oil and raw ginger consumed in this study showed all the effects of ginger extract. Ginger oil was found to be more effective in a shorter span of time than raw ginger.

KEY WORDS: Analgesia, Anti-inflammatory, Ginger oil, Health, Raw ginger

INTRODUCTION

Zingiber officinale (ginger) is an important kitchen spice with innumerable benefits to health. The increasing awareness in both medical community and among public has led to the use of unconventional and alternative treatment modalities by patients.^[1,14] Raw ginger and other extracts of ginger like its oil are very useful clinically as it is helpful in alleviating osteoarthritic pain, migraine, menstrual cramps, etc., and other conditions such as nausea and vomiting.^[1] This medicinal plant is a very popular spice and the total world production is 100,000 tons. Ayurveda and Chinese medicine has included the use of ginger as an anti-inflammatory agent for musculoskeletal disease like rheumatism.^[2,16] Sore throats, constipation, indigestion, hypertension, backache, dementia, infectious diseases, and helminthiasis can also be cured by this medical plant. There are various other phytochemical, pharmacological, and toxicological properties inhibited by ginger.^[3,15]

Ginger is a potent antiemetic, anti-inflammatory, antitumorogenic, antimicrobial, and antiviral agent.^[4,17] However, ginger consumption over a long period can lead to toxicity.^[4] With the discovery of ginger extract as an herbal medicine, the many pharmacological effects entered a new phase. It inhibits the induction of several genes responsible for inflammatory response. The molecular targets of individual ginger constituents provide an opportunity to standardize and optimize ginger products as per their effects on specific biomarkers.^[5,6]

Diabetes can also be reduced by raw ginger extracts as discovered by recent studies. Raw ginger possesses hypoglycemic, hypolipidemic, and hypocholesterolemic potential.^[6] Aromatherapy and chemotherapy (for breast cancer patients) have insinuated the use of fresh ginger oil or fragrance-matched artificial placebo (ginger fragrance oil) in treatment.^[7] Toothache can also be reduced to some extent by ginger as found out by various other researches.^[8] Critical diseases like liver cirrhosis can be cured using the ethanolic extract of ginger. Rats were taken for tests to prove the effect of ginger in such a prevention.^[9] The myriad health benefits of ginger have been in use since antiquity in various traditional systems of medicine as discussed above.

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MATERIALS AND METHODS

A study was carried out among 30 people with different pains such as arthritis, back pain, tennis elbow, migraine, and joint pain. 30 people were divided into two groups. Group A consists of 15 people consuming raw ginger and Group B consists of 15 people consuming drops of ginger oil. A pain scale is used to measure the pain before and after the usage of raw ginger and ginger oil for a month. Ginger oil is readily made using ingredients such as olive oil, baking soda, and shredded ginger. The results are obtained with statistics.

RESULTS

About 86% of the pain has been cured by the use of raw ginger within 30 days and 100% of the pain has been cured by the use of ginger oil.

DISCUSSION

The efficacy of ginger which helped immensely for the subjects with pain. After using of raw ginger and ginger oil, their pain severity was reduced. 13/15 (86%) patients with different kinds of pain have

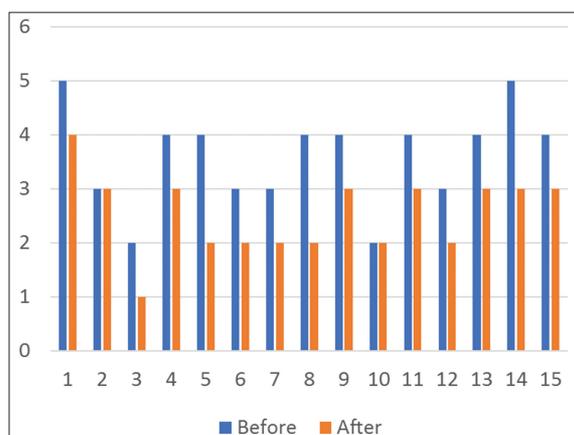


Figure 1: Effect of raw ginger on before and after usage

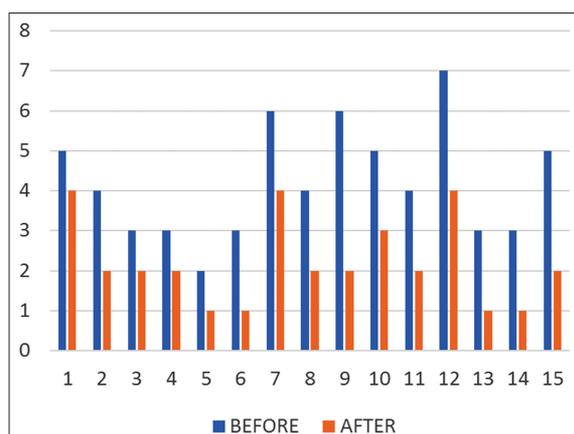


Figure 2: Effect of ginger oil on before and after usage

had reduction in pain after the usage of raw ginger everyday for 30 days. Of these 13 patients, five of them have had significant pain reduction [Figure 1]. 15/15 (100%) patients claimed that the use of ginger oil has helped them reduce pain, of which 10 of them have had significant reduction [Figure 2].

The rich medical value of ginger is due to the components produced in biological systems that scavenge free radicals.^[10,11] However, the mechanism is unknown. Ginger ameliorates the pain associated with stress and other factors.^[12] The torment and frequency caused by migraines, backaches, arthritis, muscle aches, cramps, etc., can drive the patients toward a variety of remedies and ginger, its extracts and oil are now believed to have myriads of derivatives for relief. The active components of ginger are not known with certainty, but a study of the extracts lipophilic rhizome has yielded the potential components, gingerols and shogaols.^[13,14]

CONCLUSION

Ginger is an effective medicinal plant and it has boosted up the healing process significantly. A 1-month period of therapy with doses of ginger oil and raw ginger consumed in this study showed all the effects of ginger extract. Ginger oil was found to be more effective in a shorter span of time than raw ginger. Future studies might look into larger dose response and duration of therapy of a standardized and highly concentrated ginger extract in patients.^[18]

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