

Traditional/culinary uses of ginger

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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 results
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 n side e observ difenc betwe groups

Ensiyeh <i>et al.</i> , 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 spontaneous abortions; ginger 1 in B; no congenital anomalies observed; babies to term
Fischer-Rasmussen <i>et al.</i> , 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 spontaneous abortion; elective adverse effects observed; remain subject

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 malformations were noted in the study group, ventricular septal defect (VSD), lung abnormality, and kidney abnormality (pelvic).
							One incidence of idiopathic central precocious puberty at age 2. No significant difference between two groups in terms of births, spontaneous abortions, stillbirths, therapeutic abortions, birth weight, or gestational age.

Smith, 2004	Randomized, controlled equivalence trial.	291 women, less than 16 weeks pregnant.	1.05 g ginger.	3 weeks.	3 weeks.	Ginger versus B6 for the treatment of nausea or vomiting in pregnancy.	Three spontaneous abortions; ginger 9 abortions; B6 group 10 abortions.
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 significant adverse effects; ginger pregnancy outcomes.

Human studies - Platelet Aggregation

Author/date	Study design	Population/study size	Study Duration	Exposure	Outcome
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Bordia <i>et al.</i> , 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): ADP Epi.
Bordia <i>et al.</i> , 1997	NA	NA	NA	NA	Fibrinogen;
Bordia <i>et al.</i> , 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): ADP collagen, rist ADP; Bleeding 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 thromboxane B2 production
Young <i>et al.</i> , 2006	Not specified.	20	72 days.	1 g ginger (+ 10 mg nifedipine).	Synergistic effect of ginger and nifedipine on anti-platelet aggregation in human volunteers hypertensive

In vivo studies

Author	Test System	Study size	Exposure	Characterisation of test substance	Duration	Main outcome measure	Outcomes
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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.	Embryonic loss in the treated groups 2 times than the control. Exposed fetuses to be significantly heavier than control. gross structural malformations observed.
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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 consumption resulted in a 37% inhibition of thromboxane B2 production (p<0.01).