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Review article:

Nutritional benefits and pharmacological effects of ginger: an overview

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#### Abstract

Ginger the rhizome of the Zingiberofficinale is used worldwide as a cooking spice, condiment and herbal remedy. It is primarily used as an anti-inflammatory, a pain remedy, a warming remedy and a cholesterol-lowering herb. Randomized controlled trials support its use in preventing nausea. Case studies suggest usefulness in treating migraines and inflammatory arthritis, but no randomized trials have been reported. Given its long history of use as a food, ginger is presumed safe for supplemental use. Fresh ginger contains 80.9% moisture, 2.3% protein, 0.9% fat, 1.2% minerals, 2.4% fibre and 12.3% carbohydrates. The active components of ginger are reported to stimulate digestion, absorption, relieve constipation and flatulence by increasing muscular activity in the digestive.

# Keywords: Anti-inflammatory, Ginger, cholesterol-lowering, neuro-protective.