

The use of ginger at women health: a systematic review study

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Introduction: The aim of this study is collect and compares the researches in related to the ginger plant in women health at Iran. The published papers on the Internet from SID, magiran, Irandoc were assessed.

Method and materials: Researches conducted about ginger in this field were nausea and vomiting in pregnancy, contraceptive pills nausea, dysmenorrhea. It is recommended that further clinical trials must be conducted about this miraculous herb.

Results: At a research (Ozgoli 2004) results showed that ginger reduces nausea and vomiting of pregnancy. At a research (Hosseinkhani et al, 2009) findings showed that oral use of ginger in first trimester is effective to reduce the severity of nausea. A study (Basirat, 2004) showed that ginger biscuits are effective in reducing the severity of nausea during pregnancy. A study (Abolghasemi, 2002) showed that taking 750 mg of ginger every day is a good way to improve nausea and vomiting during pregnancy. Firoozbakht (2008) determine the effect of ginger capsules to treat pregnancy nausea and vomiting in comparison with vitamin B6. Ginger was more effective than vitamin B6 in reducing nausea severity but it has same effect in reducing early pregnancy vomiting. Moradi (2007) has shown that ginger may reduce nausea and vomiting of pregnancy and can be used for a limited period of time at therapeutic dosage (1gr/day). Hemmatzadeh(2008) studied on 30 pregnant women lower than 20 week with nausea and vomiting. 1gr/day of ginger powder in capsule QID was prescribed. Results showed that there was significant decrease in nausea and vomiting .the findings of a recent study (Naienshirazi & Safavi 1 2008) has shown that ginger can be used in the treatment of nausea resulting from combined contraceptive pills. Ozgoli (2004) has studied known drugs in dysmenorrhea (mephenamic acid and ibuprofen) and ginger in the students of medical sciences. Results showed that ginger capsule is effective in improving primary dysmenorrhea. Rahnema & etal (2010) has shown the effect of powdered extract of ginger rhizome on primary dysmenorrhea experienced by nursing students in dormitories. Results showed that ginger is appropriate to reduce pain of primary dysmenorrhea. Tarshizi (2005) found similar findings.

Conclusion: Apart from worldwide application of ginger, data but researches must be conducted for various and unknown effects of this important herb.

Key words: ginger, pregnancy womitting, dysmenorrhea