
By: Chou, Cecilia Keywords: Morning Sickness [2] Ginger [3]

In 1998 and 1999, Teraporn Vutyavanich, Theerajana Kraisarin, and Rung-Aroon Ruangsri in Thailand showed that ginger alleviated nausea in pregnant women. Vutyavanich and his colleagues found that the group of pregnant women who took ginger capsules reported significantly fewer nausea symptoms and vomiting episodes than the group who only received the placebo. Vutyavanich and his team’s study at Chiang Mai University in Chiang Mai, Thailand, was one of the earliest to investigate and support the use of ginger as an effective treatment for relieving pregnancy-related nausea and vomiting.

During pregnancy [4], women commonly experience side effects of vomiting and nausea. These symptoms are called morning sickness, though they can occur anytime during the day, and affect pregnant women to varying degrees, usually appearing and subsiding early in the pregnancy [4]. In mild cases, nausea and vomiting during pregnancy [4] cause discomfort and disrupt the woman’s daily life. In severe cases, nausea and vomiting endanger the health of both the woman and the fetus [5]. The most severe vomiting occurs in a condition called hyperemesis gravidarum, which often requires hospitalization due to weight loss, low nutrition, and low fluid levels. For the majority of women who do not require hospitalization, pregnancy-related nausea and vomiting can lead to maternal malnourishment and affect fetal development. According to Vutyavanich and his colleagues, the condition can also be problematic for employed women who may have to take time off from work due to nausea and vomiting.

Often, standard pharmaceutical drugs to treat pregnancy-related vomiting and nausea hindered fetal development, making treatment of certain pregnancy-related conditions difficult. According to the researchers, many women chose alternative treatments, such as changes to diet or lifestyle, to manage their pregnancy symptoms. One such treatment involves the consumption of ginger, a plant native to many Asian countries. In addition to being a common spice in Asian and Indian cuisine, the ginger plant root was also a common herbal remedy for nausea, motion sickness, and indigestion. However, prior to their study, Vutyavanich and his colleagues said that few had studied the efficacy of ginger for pregnancy-related symptoms. They pointed to the sparse literature and the lack of commercially available ginger capsules in Thailand as reasons to conduct an experiment evaluating the effectiveness of ginger as a treatment for pregnancy-related nausea and vomiting.

In 1998, Vutyavanich and his team conducted a randomized, placebo-controlled, and double-masked study on ginger as a treatment for preventing nausea and vomiting in pregnant women. The researchers randomly assigned pregnant women into two groups, with one group receiving a ginger capsule and the second group receiving a similar but inactive capsule, called a placebo. Both the participants and the physicians who administering the capsules were unaware of which women received which type of capsule. The researchers distributed ginger capsules and non-ginger placebo capsules to two groups of pregnant women and measured how the capsules affected the women’s vomiting and nausea symptoms. The researchers recorded the subjects’ initial assessment of their symptoms before a four-day treatment of ginger capsules and non-ginger placebo capsules, and compared the initial notes with the subjects’ final assessment of their nausea and vomiting symptoms. They chose a four-day study period because a previous study had indicated that the health effects of ginger were evident within a few days and that participants were more compliant during a short study period than a longer study period.

Vutyavanich and colleagues, all physicians at the department of obstetrics and gynecology of Chiang Mai University, recruited their subjects from the prenatal clinic at Maharaj Nakorn Chiang Mai University Hospital in Chiang Mai, Thailand. They only studied women who visited the clinic with nausea symptoms before seventeen weeks of pregnancy [4], after which the symptoms are less common. In order to ensure that the symptoms were pregnancy-related, the researchers excluded women with other medical disorders that might cause nausea or vomiting or women who had recently taken medication that could cause nausea as a side effect. To further minimize the impact of other factors the study results, they also excluded women who had language or geographic barriers, women with mental disabilities, or women who could not return for follow-up visits.

The seventy women who participated in the study underwent general physical examinations at the beginning of the experiment. Then, a research nurse randomly assigned each woman to one of two groups, a ginger group or a placebo group. The ginger group received four days’ worth of ginger treatments, and the placebo group received the same amount of inactive capsules. To
and the American Medical Association, headquartered in Chicago, Illinois, included ginger in their family medical guide as a treatment for relieving nausea and vomiting during pregnancy. Vutyavanich and his colleagues concluded from their study that because of ginger’s lack of adverse effects on infants, it warranted further research as a treatment for nausea and vomiting during pregnancy.

In 2001, the researchers published the results of their experiment in *Obstetrics & Gynecology*, and in 2005, the journal also published a literature review of six double-blind, randomized controlled trials, including Vutyavanich and his colleagues’ study, investigating the efficacy and safety of ginger therapy for pregnancy-related nausea and vomiting. The authors of the literature review concluded that ginger was likely an effective treatment for nausea and vomiting during pregnancy, though they called for more studies and larger randomized clinical trials to further confirm such conclusions. By 2016, the American Medical Association, headquartered in Chicago, Illinois, included ginger in its family medical guide as a treatment for relieving nausea and vomiting during pregnancy.
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