

***Zingiber officinalis* - Zingiberaceae**

Indications

Circulatory

Chilblains, cold extremities, poor circulation

Digestive

Diarrhoea, constipation, IBS, anorexia, indigestion, nausea, morning sickness, travel sickness, colic, flatulence

Genito-Urinary / Gynaecological

Dysmenorrhoea, amenorrhoea

Immune System

Can be used to boost immunity against winter colds and flus

Musculo-skeletal

muscle fatigue, aches & pains, rheumatoid and osteoarthritis, rheumatism, lumbago, old injuries, joint stiffness, muscle tension

Nervous

debility, Nervous system exhaustion

Respiratory

catarrh, coughs, colds, flu, bronchitis, chills, sinusitis

Skin

Clinical Research

Most of the studies looking at the pharmacological Properties of ginger have been performed using "ginger extracts" which include compounds not found in the essential oil. Many of the empirical uses of the oil have been based upon the indications for ginger in herbal medicine where its use is based on the presence of the pungent principles not found in the distilled oil.

An animal study in 1997 established the anti-inflammatory effect of ginger oil in the treatment of arthritic inflammation. Although the oil was prescribed orally, the effects could be expected to occur during dermal application.

Psychological uses

The warmth of ginger oil promotes a sense of strength and motivation, making it invaluable in cases of mental exhaustion and fatigue, loss of will power and motivation. Apathy, indecision and confusion are dealt with by this dynamic, fiery oil, which creates clarity and insight, leading to a sense of purpose and direction. Life's challenges can be met with the use of this energising oil.

Summary

Warming, energising, digestive system aid