

Potential of Ginger Extract for Treatment of Arthritis

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Abstract—We have reviewed recent research on the efficacy of ginger for the treatment and cure of arthritis the most common degenerative joint diseases (DJD) characterized by progressive degradation of cartilage and destruction of articular cartilage resulting in inflammation and disability which occur in various joints. The usual risk factors for osteoarthritis include age, prior joint injury, obesity, genetic predisposition etc. It has been feared that India may become the osteoarthritis capital of the world with over 60 million cases by 2025. Osteoarthritis is the most prevalent form of arthritis in India, affecting over 15 million adults every year.

The therapeutic approaches for arthritis include symptomatic relief from pain and inflammation with acetaminophen and non-steroidal anti-inflammatory agents (NSAIDs), corticosteroids, DMRD (traditional disease modifying anti-rheumatic drugs). Traditional Indian medicine holds a promise for amelioration of several chronic disorders like arthritis. Ginger extracts have been known to have several beneficial effects including alleviation of symptoms of arthritis. In the present paper we review the scientific studies that prove the potential of ginger extracts in the treatment of arthritis. Ginger (*Zingiber officinale*), belonging to Zingiberaceae family, a tropical plant which is associated to South East Asia and grown mainly in India, China and United States. A pubmed search for 'ginger and arthritis' returns atleast 75 different scientific reports including case studies and review for the subject. The clinical trials conducted by show a significant reduction in inflammatory markers like Nitric oxide and C reactive protein after receiving treatment with ginger powder. These results suggested that ginger powder could be an effective supplement for osteoarthritis. Randomized controlled trials have proven the efficacy and safety of ginger extracts in arthritis. Therefore it can be said that studies on mechanism of action and purified phytochemicals would further explore the worth of ginger in treatment of arthritis.

Keywords: *Ginger, Zingiber officinale, Arthritis, Rheumatoid arthritis.*