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Ginger

Generic name: ginger [*JIN-jer*]**Brand names:** Dramamine Non Drowsy, Dramamine-N, [Ginger Root](#), Ginger(obs), Hofels Ginger One A Day**Dosage forms:** oral capsule (-), oral tablet (-)**Drug class:** [Herbal products](#)[Medically reviewed](#) by Drugs.com on Sep 8, 2023. Written by [Cerner Multum](#).[Uses](#) [Side effects](#) [Warnings](#) [Before taking](#) [What to avoid](#) [Interactions](#) [FAQ](#)

What is ginger?

Ginger is an herb also known as Amomum Zingiber, Ardraka, Black Ginger, Cochin Ginger, Gan Jiang, Gingembre, Ginger Essential Oil, [Ginger Root](#), Imber, Jengibre, Jiang, Kankyo, Kanshokyo, Nagara, Race Ginger, Racine de Gingembre, Rhizoma Zingiberi, Rhizoma Zingiberis Recens, Sheng Jiang, Shoga, Shokyo, Shunthi, Srungavera, Sunth, Sunthi, Vishvabheshaja, and other names.

Ginger has been used in alternative medicine as a **possibly effective** aid in treating nausea and vomiting caused by taking HIV/AIDS medications or nausea and vomiting associated with pregnancy, menstrual pain, or joint pain caused by [osteoarthritis](#).

Ginger has also been used to treat or prevent [motion sickness](#), and [muscle pain](#) after exercise. However, research has shown that ginger **may not be effective** in treating these conditions.

Other uses **not proven with research** have included alcohol hangover, migraine headaches, nausea and vomiting due to chemotherapy, trouble swallowing, [high cholesterol](#), [rheumatoid arthritis](#), insect bite, dry mouth, [inflammatory bowel disease](#), hypertension, indigestion, and other conditions.

It is not certain whether ginger is effective in treating any medical condition. Medicinal use of this product has not been approved by the FDA. Ginger should not be used in place of medication prescribed for you by your doctor.

Ginger is often sold as an herbal supplement. There are no regulated manufacturing standards in place for many herbal compounds and some marketed supplements have been found to be contaminated with toxic metals or other drugs. Herbal/health supplements should be purchased from a reliable source to minimize the risk of contamination.

Ginger may also be used for purposes not listed in this product guide.

Ginger side effects

Get emergency medical help if you have **signs of an allergic reaction**: hives, difficult breathing, swelling of your face, lips, tongue, or throat.

Although not all side effects are known, ginger is thought to be likely safe for most people when used as directed.

Common side effects of ginger may include:

- heartburn, diarrhea, stomach discomfort;
- burping; or
- skin irritation (if applied to skin).

This is not a complete list of side effects and others may occur. Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

 [Ginger side effects](#) (more detail)

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Warnings

Follow all directions on the product label and package. Tell each of your healthcare providers about all your medical conditions, allergies, and all medicines you use.

Before taking this medicine

Before using ginger, talk to your healthcare provider. You may not be able to use this product if you have certain medical conditions.

Ask a doctor, pharmacist, or other healthcare provider if it is safe for you to use this product if you have or have ever had:

- a bleeding or blood clotting disorder such as hemophilia;
- diabetes; or
- any heart conditions.

Ask a doctor before using this product if you are pregnant or breastfeeding.

Do not give any herbal/health supplement to a child without medical advice.

How should I take ginger?

When considering the use of ginger, seek the advice of your doctor. You may also consider consulting a practitioner who is trained in the use of herbal/health supplements.

If you choose to use ginger, use it as directed on the package or as directed by your doctor, pharmacist, or other healthcare provider. Do not use more of this product than is recommended on the label.

If you cannot swallow a capsule whole, open it and pour the product into a spoon or into food or drink. Swallow the mixture right away without chewing.

Call your doctor if your symptoms do not improve, or if they get worse.

If you need surgery, tell the surgeon ahead of time that you are using ginger. You may need to stop using this product at least 2 weeks ahead of time.

Store at room temperature away from moisture and heat.

What happens if I miss a dose?

Skip the missed dose and take the next regularly scheduled dose.

What happens if I overdose?

Seek emergency medical attention or call the Poison Help line at 1-800-222-1222.

What should I avoid while taking ginger?

Do not use different forms of ginger (pills, liquids, and others) at the same time or you could have an overdose.

Avoid activities that may increase your risk of bleeding or injury. Use extra care while shaving or brushing your teeth.

Avoid using ginger together with other herbal/health supplements that can also affect blood-clotting. This includes angelica (dong quai), capsicum, clove, dandelion, danshen, [evening primrose](#), garlic, ginger, ginkgo, [horse chestnut](#), Panax ginseng, poplar, red clover, [saw palmetto](#), turmeric, and willow.

Avoid using ginger together with other herbal/health supplements that can lower blood sugar, such as [alpha-lipoic acid](#), chromium, damiana, [devil's claw](#), fenugreek, garlic, guar gum, horse chestnut, Panax ginseng, psyllium, Siberian ginseng, and others.

What other drugs will affect ginger?

Do not take ginger without medical advice if you are using any of the following medications:

- [nifedipine](#);
- **medication used to treat or prevent blood clots**--[clopidogrel](#) (Plavix), heparin, warfarin (Coumadin, Jantoven), [dalteparin](#) (Fragmin), enoxaparin (Lovenox), aspirin, alteplase, [dipyridamole](#), [ticlopidine](#), and others;
- insulin or oral diabetes medicine; or
- blood pressure medications.

This list is not complete. Other drugs may affect ginger, including prescription and over-the-counter medicines, vitamins, and [herbal products](#). Not all possible [drug interactions](#) are listed here.

 [Ginger drug interactions](#) (more detail)

Does ginger interact with my other drugs?

Enter medications to view a detailed interaction report using our [Drug Interaction Checker](#).

+

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Does Ginger interact with any drugs?



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Other brands

[Ginger Root](#)

Professional resources

- [Ginger product monographs](#)

Related treatment guides

- [Herbal Supplementation](#)
- [Nausea/Vomiting](#)
- [Motion Sickness](#)

Further information

- Consult with a licensed healthcare professional before using any herbal/health supplement. Whether you are treated by a medical doctor or a practitioner trained in the use of natural medicines/supplements, make sure all your healthcare providers know about all of your medical conditions and treatments.

Remember, keep this and all other medicines out of the reach of children, never share your medicines with others, and use this medication only for the indication prescribed.

Always consult your healthcare provider to ensure the information displayed on this page applies to your personal circumstances.

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DRUG STATUS

Availability	
<div>Rx OTC</div>	Rx and/or OTC
CSA Schedule*	
N/A	Not a controlled drug



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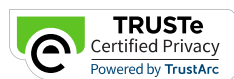
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