

Ginger

Botanical Name: *Zingiber officinale*

Family: Zingiberaceae

Energetics: Warming, pungent

Taste: Pungent, aromatic, slightly sweet

Actions: Digestive stimulant, anti-inflammatory, carminative, circulatory stimulant, anti-nausea

Overview

Ginger is a warming and aromatic herb traditionally used to support digestion, circulation, and respiratory health. It is effective for nausea, bloating, inflammation, and joint discomfort.

Uses

Internal Uses

- Digestive support for nausea, bloating, and indigestion
- Circulatory stimulant
- Anti-inflammatory support for joints and muscles
- Relief from colds and mild respiratory issues

External Uses

- Topical application for sore muscles (infused oil or poultice)
 - Aromatherapy for respiratory and circulation support
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Medication Interactions

- May interact with anticoagulants
 - May enhance the effect of blood sugar-lowering medications
 - Caution if on anti-inflammatory medications
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Contraindications

- Pregnancy: generally safe in culinary amounts; medicinal doses under supervision
 - Allergy to Zingiberaceae family
 - Children: safe in culinary use; caution with medicinal doses
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Caution & Safety

- Moderate internal doses
 - Monitor for digestive upset
 - Avoid high doses in combination with anticoagulants without supervision
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Herbal Pairings

Blends Well With

- Cinnamon (warming synergy)
- Fennel Seed (digestive synergy)
- Lemon Balm (calming and digestive support)
- Turmeric (anti-inflammatory synergy)

Avoid Combining With

- Blood-thinning medications in high doses without guidance
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Possible Side Effects

- Mild digestive upset in sensitive individuals
 - Rare allergic reactions
 - Heartburn if consumed in excess
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Forms & Dosage

Tea / Decoction

- 1–2 tsp fresh or dried root per cup water
- Steep 10–15 minutes
- 1–2 cups daily

Tincture (1:5)

- 2–4 mL, 1–2 times daily

Capsules / Powder

- 500–1,000 mg, 1–2 times daily

External / Infused Oil

- Apply topically to sore muscles or joints as needed

Notes

Ginger is a versatile warming herb for digestion, circulation, anti-inflammatory support, and mild respiratory issues. It pairs well with many warming and digestive herbs.

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