# Health benefits of ginger tea: A potential remedy for inflammation



Recent discussions around the health benefits of ginger tea have drawn attention to its potential to combat inflammation and reduce the risk of serious diseases. While ginger tea has traditionally been recognised for its effectiveness in alleviating nausea, emerging studies suggest that its advantages may extend far beyond this, predominantly due to the presence of gingerol, an active compound known for its antioxidant and anti-inflammatory properties.

According to experts from Harvard Health, ginger encompasses a variety of essential vitamins and minerals, as well as its widely discussed anti-nausea effects. "Best known as a trusted nausea remedy, ginger tea has a spicy and full-bodied flavour," they noted. "It contains the antioxidant gingerol, which is the main bioactive disease-fighting compound found in ancient ginger root."

Research highlighted by Harvard Health points to ginger's ability to bolster the immune system and mitigate inflammation. Essential vitamins such as B3, B6, iron, potassium, and vitamin C contribute to ginger's potential health benefits. While there is a noted lack of extensive scientific studies specifically on ginger tea, there is considerable focus on ginger itself, which has been employed as an herbal remedy for a variety of health issues.

In a recent systematic review published in the Nutrients journal in 2020, researchers investigated ginger's effects on human health and found its efficacy in treating ailments related to gastrointestinal function, pain, and metabolic syndromes. Chronic inflammation, a recognised factor in the development of various diseases, has been linked to conditions such as heart disease, type 2 diabetes, cancer, and Alzheimer's disease. Consequently, individuals suffering from conditions like arthritis are often encouraged to follow anti-inflammatory dietary guidelines.

Metabolic syndrome is characterised by several conditions, including elevated blood pressure and blood sugar, unfavourable cholesterol levels, and an accumulation of abdominal fat. Such factors significantly increase the likelihood of severe health issues like cardiovascular diseases and strokes. The study reported that "the effectiveness of ginger in anti-inflammation and metabolic syndromes has been well studied" and noted that ginger significantly alleviates symptoms for individuals suffering from arthritis-related diseases.

Additionally, the systematic review confirmed that ginger may enhance blood biochemical parameters and lipid profiles, potentially reducing cardiovascular disease risks. Specific findings point out that ginger supplementation has been shown to lower fasting blood sugar, HbA1c levels, and insulin resistance. Improvements were also noted in lipid profiles, total cholesterol, and obesity-related cardiovascular risk factors associated with ginger intake.

Despite these promising findings, researchers caution that the majority of current hypotheses stem from studies with limited participant numbers, and further research is warranted to substantiate these claims definitively.

Individuals considering the consumption of ginger tea should also heed some advisories. Harvard Health warns that those on specific medication regimens should avoid ginger, as it may interfere with blood clotting. "Ginger may slow blood clotting, and can be potentially dangerous for people taking antiplatelet drugs like aspirin or clopidogrel (Plavix) or anticoagulant drugs, such as warfarin (Coumadin), apixaban (Eliquis), dabigatran (Pradaxa), or rivaroxaban (Xarelto)," they cautioned. Furthermore, consuming ginger could increase the risk of excessive bleeding during and after surgical procedures. Those with pre-existing health conditions or pregnant individuals are advised to consult healthcare professionals before incorporating ginger tea into their diets.

Source: [Noah Wire Services](https://www.noahwire.com)

## References

* <https://www.medicalnewstoday.com/articles/ginger-tea-benefits> - This article supports the benefits of ginger tea, particularly in aiding digestion, reducing inflammation, and its potential use in combating nausea and other health issues. It also discusses the anti-inflammatory properties of gingerols and shogaols in ginger.
* <https://www.webmd.com/diet/health-benefits-lemon-ginger-tea> - WebMD highlights the health benefits of lemon ginger tea, including relief from nausea, anti-inflammatory effects, and potential protection against certain cancers. It also discusses the interaction of ginger with various medications.
* <https://pmc.ncbi.nlm.nih.gov/articles/PMC7019938/> - This systematic review provides comprehensive insights into the clinical effects of ginger, including its efficacy in managing nausea, inflammation, metabolic syndromes, and digestive functions. It emphasizes the role of ginger in improving health outcomes.
* <https://www.health.harvard.edu/staying-healthy/the-uses-and-benefits-of-ginger> - Harvard Health's publication on ginger outlines its effectiveness as a nausea remedy and its antioxidant, anti-inflammatory properties. It also notes the essential vitamins and minerals in ginger that contribute to its health benefits.
* <https://academic.oup.com/nutrients/article/12/24/7078/6041636> - This article from Nutrients explores the efficacy of ginger in metabolic syndromes, highlighting its potential in reducing inflammation and improving blood biochemical parameters. It provides evidence of ginger's benefits in managing diabetic conditions.