Is GINGER effective and safe for reduction of nausea and vomiting during early pregnancy?

### Article 1
**META-ANALYSIS**

**Effects of Ginger for Nausea and Vomiting in Early Pregnancy**

- **Aim of the study:**
  Examine and synthesize available data from good-quality randomized clinical trials to evaluate the efficacy of ginger in treating NVP.
- **Problem:**
  Effectiveness of ginger for reducing nausea and vomiting in early pregnancy.
- **Population:**
  568 pregnant women in early pregnancy.
- **Intervention:**
  Studies satisfying 3 criteria were selected:
  1. Randomized placebo-controlled design
  2. Use of ginger
  3. Extractable data on improvement in NVP.
- **Comparison:**
  256 patients were randomly assigned to receive ginger
  252 patients were randomly assigned to receive placebo.
- **Outcome:**
  The outcome was show improvement of pregnancy-related nausea and vomiting. Which was reported in all studies: 180 of the 256 subjects in the ginger group and 126 of the 252 subjects in the placebo group reported improvement in symptoms of nausea and vomiting.
- **Time:**
  January-February 2014

### Article 2
**A SYSTEMATIC REVIEW AND META-ANALYSIS**

**Effect and safety of ginger in the treatment of pregnancy-associated nausea and vomiting**

- **Aim of the study:**
  To assess the effectiveness of ginger in the treatment of NVP.
- **Population:**
  - 1278 pregnant women. —Twelve studies
- **Intervention:**
  Administer oral ginger in different form for group 1 and administer placebo for control group.
- **Outcome:**
  Primary outcome “Symptomatic relief of nausea, number of vomiting episodes and general response to treatment”
  Secondary outcome “Adverse events and side-effects”: ginger significantly increased the risk of drowsiness compared to placebo.
  Ginger therefore does not seem to pose a risk for any major side-effects, or adverse events occurring.
- **Time:**
  19 March 2014

### Article 3
**RANDOMIZED STUDY**

**Acupressure and Ginger to Relieve Nausea and Vomiting in Pregnancy**

- **Aim of the study:**
  Compare the effect of ginger and acupressure in treating nausea and vomiting in early pregnancy.
- **Population and Problem:**
  Total of 159 patients who follow up in antenatal clinic at Naghavi hospital, Kashan, Iran.
  Having mild to moderate nausea and/or vomiting before 16 week of gestation.
- **Intervention:**
  Each women in acupressure group were continuously wearing the wristband which used to pressure on the Neiguan point on both hands.
  Each woman in ginger group were taking ginger capsules (each capsule 250 mg. TFD)
- **Comparison:**
  The comparison between 3 groups. First group, 53 patients who receive ginger. Second group, total of 53 patients receive acupressure. Third group which is control group, number of 53 patients did not receive any interventions.
- **Outcome:**
  No significant differences were found in the baseline characteristics between the three groups.
  On participant opinion, they found ginger useful for relieving nausea, vomiting, and retching in pregnancy.
- **Time:**
  From February 2012 to February 2015