

# Ginger Root Benefits – Digestion, Circulation & Inflammation Support

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## Botanical Profile

- Latin Name: *Zingiber officinale*
- Alternative Names: Garden Ginger, Sunthi (Ayurveda), Sheng Jiang (TCM)
- Plant Family: Zingiberaceae (Ginger family)
- Parts Used: Fresh or dried rhizome
- Origin: Native to Southeast Asia; now cultivated globally in tropical and subtropical climates

Ginger Root is one of the most universally revered herbal allies—warming, invigorating, and deeply supportive of digestive, circulatory, and inflammatory balance. Whether fresh, dried, or powdered, its bold, spicy nature stimulates the body's inner fire and moves stagnation from the core outward. At Peridotflow Wellness Centre, we consider Ginger an anchor of vitality—reconnecting spirit and body through warmth, clarity, and digestive strength.

## **Improves Digestion and Eases Nausea**

Ginger is a premier carminative, enhancing digestive secretions, reducing bloating, and relieving nausea. It's ideal for travel sickness, morning sickness, or queasy stomachs due to stress. It warms the belly, kindles agni (digestive fire), and clears stagnant food or gas. For clients with cold, sluggish digestion, it's a daily staple.

## **Stimulates Circulation and Warms the Extremities**

This herb moves blood with purpose. It brings warmth to cold hands and feet, encourages blood flow to the surface in fevers, and enhances nutrient delivery throughout the body. It is especially helpful for Kapha and Vata constitutions prone to cold, damp, or slow-moving conditions.

## **Reduces Inflammation and Pain**

Ginger's anti-inflammatory compounds such as gingerols and shogaols help modulate pain pathways, reduce swelling, and relieve stiffness. It's commonly used in joint pain, menstrual cramps, and inflammatory digestive issues like IBS. It offers a gentle yet consistent alternative to NSAIDs for long-term care.

## **Supports Immune Defence and Fever Response**

By stimulating warmth and perspiration, Ginger helps the body release internal heat and fight infections. It is often included in warming teas or steams at the onset of cold or flu. Its antimicrobial and circulatory properties help flush pathogens and build internal strength.

## Promotes Detox and Liver Activation

Ginger activates peripheral circulation and supports mild sweating and digestive motility—all of which encourage detoxification. It also stimulates bile flow and liver activity, making it an excellent support for sluggish liver or post-medication detox plans.

## Folklore & History

Ginger has been used for over 5,000 years across cultures from Ayurveda and Traditional Chinese Medicine to Greek, Roman, and African traditions. It was prized for its digestive and aphrodisiac properties and traded as a sacred, high-value root. In folklore, it symbolised fire and movement—used to awaken passion, restore strength, and protect against cold and illness.

## Traditional Usage

Used fresh or dried in teas, tinctures, powders, and cooking. Fresh Ginger is more diaphoretic and moistening, while dried is more heating and drying. Often combined with other herbs to enhance their absorption and direct them deeper into tissues. Excellent as a warming compress or in foot baths.

## Herbal Actions

Carminative, Stimulant, Anti-inflammatory, Diaphoretic, Antiemetic, Circulatory stimulant, Antispasmodic

## Energetics & Tissue States

Temperature: Warming (hot when dried)

Moisture: Drying (especially dried root)

Tissue States: Cold, Damp, Stagnant, Atrophic

## Active Compounds

- Gingerols & Shogaols – Anti-inflammatory, pain-relieving, circulatory
- Volatile oils – Carminative and antimicrobial
- Zingerone – Antioxidant and digestive stimulant
- Resin – Deep warming and protective

## Dosage & Preparation

- Tea: 1–2 tsp fresh or dried root per cup, simmer 10–15 mins; up to 3x daily
- Tincture: 1–3 ml up to 3x daily

- Powder: 1/4–1/2 tsp in warm water, honey, or capsules
- Compress: Simmered ginger cloth on cold, stiff joints or belly
- Foot bath: Fresh grated root in warm water to draw circulation

### **Safety & Contraindications**

- May aggravate hot, inflamed conditions (excess Pitta)
- Use with caution in high fever or gastric ulcers
- Avoid large doses in pregnancy without guidance
- Can interact with blood thinners in high doses

### **Herbal Pairings**

- Turmeric – for deep anti-inflammatory synergy
- Licorice – to soothe and buffer Ginger's heat
- Chamomile – to calm spasms and ease nausea
- Dandelion Root – for digestive and liver detox support
- Cinnamon – to warm digestion and balance blood sugar

### **Peridotflow Perspective**

Ginger reminds us that warmth is movement, and movement is healing. It kindles the sacred fire within—the digestive spark, the creative ember, the circulatory pulse. At Peridotflow, Ginger is not just a digestive tonic, but a motivator—encouraging stuck emotions, cold energy, and stagnant tissues to begin moving again with purpose and vitality. It is the fire beneath the stillness, the warmth that returns you to yourself.