

# Ginger may be effective for relieving primary dysmenorrhea

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Ginger is effective for reducing pain in individuals with primary dysmenorrhea, according to a review published online July 14 in *Pain Medicine*.

(HealthDay)—Ginger is effective for reducing pain in individuals with primary dysmenorrhea, according to a review published online July 14 in *Pain Medicine*.

James W. Daily, Ph.D., from Daily Manufacturing Inc. in Rockwell, N.C., and colleagues conducted a systematic review to examine the effectiveness of ginger in treating primary dysmenorrhea. Seven studies that used ginger as a treatment for primary dysmenorrhea met the specific selection criteria. Meta-analysis included the four randomized controlled trials (RCTs) that compared the therapeutic efficacy of ginger with placebo during the first three to four days of the [menstrual cycle](#).

The researchers found that ginger had a significant effect in reducing [pain](#) visual analog score in individuals with primary dysmenorrhea (risk ratio, -1.85). Low to moderate risk of bias was seen in six of seven RCTs.

"Collectively these RCTs provide suggestive evidence for the effectiveness of 750 to 2,000 mg [ginger](#) powder during the first three to four days of the menstrual cycle for primary dysmenorrhea," the authors write.

One author is president of Daily Manufacturing, a manufacturer of dietary supplements.

**More information:** [Abstract](#)  
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