

## NOTAS JENGIBRE

1. Zick, S. M., Z. Djuric y M. T. Ruffin, *et al.*, eds. 2008. «Pharmacokinetics of [6]-gingerol, [8]-gingerol, [10]-gingerol, and [6]-shogaol and conjugate metabolites in healthy human subjects». *Cancer Epidemiology, Biomarkers, & Prevention* 17 (8): 1930-6.
2. Dioscórides, Pedanio. *De materia medica*. Johannesburg, Sudáfrica: Ibdid Press, 2000.
3. Kawamoto, Y., Y. Ueno, E. Nakahashi, M. Obayashi, K. Sugihara, S. Qiao, M. Iida, M. Y. Kumasaka, I. Yajima, Y. Goto, N. Ohgami, M. Kato y K. Takeda. 2016. «Prevention of allergic rhinitis by ginger and the molecular basis of immunosuppression by 6-gingerol through T cell inactivation». *Journal of Nutritional Biochemistry* 27 (enero): 112-22.
4. Moon, M., H. G. Kim, J. G. Choi, H. Oh, P. K. Lee, S. K. Ha, S. Y. Kim, Y. Park, Y. Huh y M. S. Oh. 2014. «6-Shogaol, an active constituent of ginger, attenuates neuroinflammation and cognitive deficits in animal models of dementia». *Biochemical and Biophysical Research Communities* 449 (1): 8-13.
5. Srivastava, K. C. y T. Mustafa. 1992. «Ginger (*Zingiber officinale*) in rheumatism and musculoskeletal disorders». *Medical Hypotheses* 39 (4): 342-8.
6. Wigler, I., I. Grotto, D. Caspi y M. Yaron. 2003. «The effects of Zintona EC (a ginger extract) on symptomatic gonarthrosis». *Osteoarthritis Cartilage* 11: 783-9.
7. Altman, R. D. y K. C. Marcussen. 2001. «The effects of Zintona EC (a ginger extract) on symptomatic gonarthrosis». *Arthritis & Rheumatology* 44: 2531-8.
8. Haghighi, M., A. Khalva, T. Toliati y S. Jallaei. 2005. «Comparing the effects of ginger (*Zingiber officinale*) extract and ibuprofen on patients with osteoarthritis». *Archives of Iranian Medicine* 8: 267-71.
9. Ghayur, M. N., A. H. Gilani y L. J. Janssen. 2008. «Ginger attenuates acetylcholine-induced contraction and Ca<sup>2+</sup> signalling in murine airway smooth muscle cells». *Canadian Journal of Physiology and Pharmacology* 86 (5): 264-71.
10. Townsend, Elizabeth A., Matthew E. Siviski, Yi Zhang, Carrie Xu, Bhupinder Hoonjan y Charles W. Emala. 2013. «Effects of ginger and its constituents on airway smooth muscle relaxation and calcium regulation». *American Journal of Respiratory Cell and Molecular Biology* 48 (2): 157-63.
11. Alizadeh-Navaei, R., F. Roozbeh, M. Saravi, M. Pouramir, F. Jalali y A. A. Moghadamnia. 2008. «Investigation of the effect of ginger on the lipid levels: a double blind controlled clinical trial». *Saudi Medical Journal* 29 (9): 1280-4.
12. Liu, Rongxia, Elke H. Heiss, Nadine Sider, Andreas Schinkovitz, Barbara Gröblacher, Dean Guo, Franz Bucar, Rudolf Bauer, Verena M. Dirsch y Atanas G. Atanasov. 2015. «Identification and characterization of [6]-shogaol from ginger as inhibitor of vascular smooth muscle cell proliferation». *Molecular Nutrition & Food Research* 59 (5): 843-52.
13. Ghayur, «Ginger attenuates acetylcholine-induced contraction and Ca<sup>2+</sup> signalling in murine airway smooth muscle cells».

14. Townsend, «Effects of ginger and its constituents on airway smooth muscle relaxation and calcium regulation».
15. Azvolinsky, Anna. «Ginger Root Extract's Potential in Colorectal Cancer Prevention». CancerNetwork.com, 25 de octubre de 2011.  
<http://www.cancernetwork.com/colorectal-cancer/ginger-root-extract-s-potential-colorectal-cancer-prevention>.
16. Manju, V. y N. Nalini. 2005. «Chemopreventive efficacy of ginger, a naturally occurring anticarcinogen during the initiation, post-initiation stages of 1, 2 dimethylhydrazine-induced colon cancer». *Clinica Chimica Acta* 358 (1-2): 60-7.
17. Pan, M. H., M. C. Hsieh, J. M. Kuo, C. S. Lai, H. Wu, S. Sang y C. T. Ho. 2008. «[6]-shogaol induces apoptosis in human colorectal carcinoma cells via ROS production, caspase activation, and GADD 153 expression». *Molecular Nutrition & Food Research* 52 (5): 527-37.
18. Brown, A. C., C. Shah, J. Liu, J. T. Pham, J. G. Zhang y M. R. Jadus. 2009. «Ginger's (Zingiber officinale Roscoe) inhibition of rat colonic adenocarcinoma cells proliferation and angiogenesis in vitro». *Phytotherapy Research* 23 (5): 640-5.
19. Chen C. Y., T. Z. Liu, Y. W. Liu, et al., eds. 2007. «[6]-shogaol (alkanone from ginger) induces apoptotic cell death of human hepatoma p53 mutant Mahlavusubline via an oxidative stress-mediated caspase-dependent mechanism». *Journal of Agricultural and Food Chemistry* 55 (3): 948-54.
20. Elkady, A. I., O. A. Abuzinadah, N. A. Baeshen y T. R. Rahmy. 2012. «Differential control of growth, apoptotic activity, and gene expression in human breast cancer cells by extracts derived from medicinal herbs Zingiber officinale». *Journal of Biomedicine and Biotechnology* 2012: 614356.
21. Rhode, J., S. Fogoros, S. Zick, H. Wahl, K. A. Griffith, J. Huang y J. R. Liu. 2007. «Ginger inhibits cell growth and modulates angiogenic factors in ovarian cancer cells». *BMC Complementary and Alternative Medicine* 7: 44.
22. Park, Y. J., J. Wen, S. Bang, S. W. Park y S. Y. Song. 2006. «[6]-gingerol induces cell cycle arrest and cell death of mutant p53-expressing pancreatic cancer cells». *Yonsei Medical Journal* 47 (5): 688-97.
23. Zhang, S., Q. Liu, Y. Liu, H. Qiao y Y. Liu. 2012. «Zerumbone, a Southeast Asian Ginger Sesquiterpene, Induced Apoptosis of Pancreatic Carcinoma Cells through p53 Signaling Pathway». *Evidence-Based Complementary and Alternative Medicine* 2012: 936030.
24. Nigam, N., K. Bhui, S. Prasad, J. George e Y. Shukla. 2009. «[6]-gingerol induces reactive oxygen species regulated mitochondrial cell death pathway in human epidermoid carcinoma A431 cells». *Chemico-Biological Interactions* 181: 77-84.
25. Chung, W. Y., Y. J. Jung, Y. J. Surh, S. S. Lee y K. K. Park. 2001. «Antioxidative and antitumor promoting effects of [6]-paradol and its homologs». *Mutation Research* 496 (1-2): 199-206.
26. Karna, P., S. Chagani, S. R. Gundala, P. C. Rida, G. Asif, V. Sharma, M. V. Gupta y R. Aneja. 2012. «Benefits of whole ginger extract in prostate cancer». *British Journal of Nutrition* 107 (4): 473-84.

27. Kurapati, Kesava Rao V., Thangavel Samikkannu, Dakshayani B. Kadiyala, Saiyed M. Zainulabedin, Nimisha Gandhi, Sadhana S. Sathaye, Manohar A. Indap, Nawal Boukli, Jose W. Rodriguez y Madhavan P. N. Nair. 2012. «Combinatorial cytotoxic effects of Curcuma longa and Zingiber officinale on the PC-3M prostate cancer cell line». *Journal of Basic Clinical Physiology and Pharmacology* 23 (4): 139-146.
28. Ishiguro, K., T. Ando, O. Maeda, N. Ohmiya, Y. Niwa, K. Kadomatsu y H. Goto. 2007. «Ginger ingredients reduce viability of gastric cancer cells via distinct mechanisms». *Biochemical and Biophysical Research Communities* 362 (1): 218-23.
29. Koo, K. L, A. J. Ammit, V. H. Tran, C. C. Duke y B. D. Roufogalis. 2001. «Gingerols and related analogues inhibit arachidonic acid-induced human platelet serotonin release and aggregation». *Thrombosis Research* 103 (5): 387-97.
30. Nurtjahja-Tjendraputra, E., A. J. Ammit, B. D. Roufogalis, V. H. Tran y C. C. Duke. 2003. «Effective anti-platelet and COX-1 enzyme inhibitors from pungent constituents of ginger». *Thrombosis Research* 111 (4-5): 259-65.
31. Young, H. Y., J. C. Liao, Y. S. Chang, Y. L. Luo, M. C. Lu y W. H. Peng. 2006. «Synergistic effect of ginger and nifedipine on human platelet aggregation: a study in hypertensive patients and normal volunteers». *American Journal of Chinese Medicine* 34 (4): 545-51.
32. Alizadeh-Navaei, R., «Investigation of the effect of ginger on the lipid levels».
33. El-Abhar, H. S., L. N. Hammad y H. S. Gawad. 2008. «Modulating effect of ginger extract on rats with ulcerative colitis». *Journal of Ethnopharmacology* 118 (3): 367-72.
34. Atta, A. H., T. A. Elkoly, S. M. Mouneir, G. Kamel, N. A. Alwabel y S. Zaher. 2010. «Hepatoprotective Effect of Methanol Extracts of Zingiber officinale and Cichorium intybus». *Indian Journal of Pharmaceutical Science* 72 (5): 564-70.
35. Sahebkar, Amirhossein. 2011. «Potential efficacy of ginger as a natural supplement for nonalcoholic fatty liver disease». *World Journal of Gastroenterology* 17 (2): 271-2.
36. Mallikarjuna, K., P. Sahitya Chetan, K. Sathyavelu Reddy y W. Rajendra. 2008. «Ethanol toxicity: Rehabilitation of hepatic antioxidant defense system with dietary ginger». *Fitoterapia* 79 (3): 174-8.
37. Mozaffari-Khosravi, H., B. Talaei, B. A. Jalali, A. Najarzadeh y M. R. Mozayan. 2014. «The effect of ginger powder supplementation on insulin resistance and glycemic indices in patients with type 2 diabetes: a randomized, double-blind, placebo-controlled trial». *Complementary Therapies in Medicine* 22 (1): 9-16.
38. Kadnur, S. V. y R. K. Goyal. 2005. «Beneficial effects of Zingiber officinale Roscoe on fructose induced hyperlipidemia and hyperinsulinemia in rats». *Indian Journal of Experimental Biology* 43 (12): 1161-4.
39. Islam, M. S. y H. Choi. 2008. «Comparative effects of dietary ginger (Zingiber officinale) and garlic (Allium sativum) investigated in a type 2 diabetes model of rats». *Journal of Medicinal Food* 11 (1): 152-9.
40. Uz, E., O. F. Karatas, E. Mete, R. Bayrak, O. Bayrak, A. F. Atmaca, O. Atis, M. E. Yildirim y A. Akcay. 2009. «The effect of dietary ginger (Zingiber officinalis Rosc) on renal ischemia/reperfusion injury in rat kidneys». *Renal Failure* 31 (4): 25-160.
41. M. F. Mahmoud, A. A. Diaai y F. Ahmed. 2012. «Evaluation of the efficacy of ginger, Arabic

- gum, and Boswellia in acute and chronic renal failure». *Renal Failure* 34 (1): 73-82.
42. Wang, C. C., L. G. Chen, L. T. Lee y L. L. Yang. 2007. «Effects of [6]-gingerol, an antioxidant from ginger, on inducing apoptosis in human leukemic HL-60 cells». *In Vivo* 17 (6): 641-5.
  43. Liu, Qun, Yong-Bo Peng, Ping Zhou, Lian-Wen Qi, Mu Zhang, Ning Gao, E-Hu Liu y Ping Li. 2013. «6-Shogaol induces apoptosis in human leukemia cells through a process involving caspase-mediated cleavage of eIF2 $\alpha$ ». *Molecular Cancer* 12: 135.
  44. Kabuto, H., M. Nishizawa, M. Tada, C. Higashio, T. Shishibori y M. Kohno. 2005. «Zingerone [4-(4-hydroxy-3-methoxyphenyl)-2-butanone] prevents 6-hydroxydopamine-induced dopamine depression in mouse striatum and increases superoxide scavenging activity in serum». *Neurochemical Research* 30 (3): 325-32.
  45. Sung, B., A. Murakami, B. O. Oyajobi y B. B. Aggarwal. 2009. «Zerumbone abolishes RANKL-induced NF-kappaB activation, inhibits osteoclastogenesis, and suppresses human breast cancer-induced bone loss in athymic nude mice». *Cancer Research* 69 (4): 1477-84.
  46. Tripathi, S., K. G. Maier, D. Bruch y D. S. Kittur. 2007. «Effect of [6]-gingerol on pro-inflammatory cytokine production and costimulatory molecule expression in murine peritoneal macrophages». *Journal of Surgical Research* 138 (2): 209-13.
  47. Uz Zaman, Sameer, Mrutyunjay M. Mirje y S. Ramabhimaiah. 2014. «Evaluation of the anti-ulcerogenic effect of Zingiber officinale (Ginger) root in rats». *International Journal of Current Microbiology and Applied Sciences* 3 (1): 347-54.
  48. Nanjundaiah, Siddaraju M., Harish Nayaka Mysore Annaiah y Shylaja M. Dharmesh. 2011. «Gastroprotective Effect of Ginger Rhizome (Zingiber officinale) Extract: Role of Gallic Acid and Cinnamic Acid in H<sup>+</sup>, K<sup>+</sup>-ATPase/H. pylori Inhibition and Anti-Oxidative Mechanism». *Evidence- Based Complementary and Alternative Medicine* 2011 (2): 249487.
  49. Siddaraju, M. N. y S. M. Dharmesh. 2007. «Inhibition of gastric H<sup>+</sup>, K<sup>+</sup>-ATPase and Helicobacter pylori growth by phenolic antioxidants of Zingiber officinale». *Molecular Nutrition & Food Research* 51 (3): 324-32.
  50. Black, C. D., M. P. Herring, D. J. Hurley y P. J. O'Connor. 2010. «Ginger (Zingiber officinale) reduces muscle pain caused by eccentric exercise». *Journal of Pain* 11 (9): 894-903.
  51. Maghbooli, M., F. Golipour, A. Moghimi Esfandabadi y M. Yousefi. 2014. «Comparison between the efficacy of ginger and sumatriptan in the ablative treatment of the common migraine». *Phytotherapy Research* 28 (3): 412-5.
  52. Cady, R. K., J. Goldstein, R. Nett, R. Mitchell, M. E. Beach y R. Browning. 2011. «A double-blind placebo-controlled pilot study of sublingual feverfew and ginger (LipiGesic<sup>TM</sup> M) in the treatment of migraine». *Headache* 51 (7): 1078-86.
  53. Wu, K. L., C. K. Rayner, S. K. Chuah, et al., eds. 2008. «Effects of ginger on gastric emptying and motility in healthy humans». *European Journal of Gastroenterology and Hepatology* 20 (5): 436-40.
  54. Deng, X. Y., J. S. Xue, H. Y. Li, Z. Q. Ma, Q. Fu, R. Qu y S. P. Ma. 2015. «Geraniol produces antidepressant-like effects in a chronic unpredictable mild stress mice model».

*Physiology & Behavior* 152 (Pt A): 264-71.

55. Martinez, D. M., A. Barcellos, A. M. Casaril, L. Savegnago y E. J. Lernardão. 2014. «Antidepressant-like activity of dehydrozingerone: involvement of the serotonergic and noradrenergic systems». *Pharmacology Biochemistry and Behavior* 127: 111-17.
56. Wang, X., W. Jia, A. Zhao y X. Wang. 2006. «Anti-influenza agents from plants and traditional Chinese medicine». *Phytotherapy Research* 20 (5): 335-41.
57. Dyab, A. K., D. A. Yones, Z. Z. Ibraheim y T. M. Hassan. 2016. «Anti-giardial therapeutic potential of dichloromethane extracts of *Zingiber officinale* and *Curcuma longa* in vitro and in vivo». *Parasitology Research* 115 (7): 2637-45.
58. Bera, «Structural Elements and Cough Suppressing Activity of Polysaccharides from *Zingiber officinale* Rhizome».
59. Ozgoli, «Comparison of effects of ginger, mefenamic acid, and ibuprofen on pain in women with primary dysmenorrhea».
60. Maghbooli, «Comparison between the efficacy of ginger and sumatriptan in the ablative treatment of the common migraine».
61. Cady, «A double-blind placebo-controlled pilot study of sublingual feverfew and ginger (LipiGesic™ M) in the treatment of migraine».
62. Ozgoli, G., M. Goli y F. Moattar. 2009. «Comparison of effects of ginger, mefenamic acid, and ibuprofen on pain in women with primary dysmenorrhea». *Journal of Alternative and Complementary Medicine* 15: 129-32.
63. Rahnema, Parvin, Ali Montazeri, Hassan Fallah Huseini, Saeed Kianbakht y Mohsen Naseri. 2012. «Effect of *Zingiber officinale* R. rhizomes (ginger) on pain relief in primary dysmenorrhea: a placebo randomized trial». *BMC Complementary and Alternative Medicine* 12: 92.
64. Lamxay, «Traditions and plant use during pregnancy, childbirth and postpartum recovery by the Kry ethnic group in Lao PDR».
65. Yamahara, J., Q. R. Huang, Y. H. Li, L. Xu y H. Fujimura. 1990. «Gastrointestinal motility enhancing effect of ginger and its active constituents». *Chemical and Pharmaceutical Bulletin* 38 (2): 430-1.
66. Gupta, Y. K. y M. Sharma. 2001. «Reversal of pyrogallol-induced delay in gastric emptying in rats by ginger (*Zingiber officinale*)». *Methods and Findings in Experimental and Clinical Pharmacology* 23 (9): 501-3.
67. Geiger, J. 2005. «The essential oil of ginger, *Zingiber officinale*, and anaesthesia». *International Journal of Aromatherapy* 15 (1): 7-14.
68. Jagetia, G. C., M. S. Baliga, P. Venkatesh y J. N. Ulloor. 2003. «Influence of ginger rhizome (*Zingiber officinale* Rosc) on survival, glutathione and lipid peroxidation in mice after whole-body exposure to gamma radiation». *Radiation Research* 160 (5): 584-92.
69. Kim, J. K., Y. Kim, K. M. Na, Y. J. Surh y T. Y. Kim. 2007. «[6]-gingerol prevents UVB-induced ROS production and COX-2 expression in vitro and in vivo». *Free Radical Research* 41 (5): 603-14.
70. Wu, «Effects of ginger on gastric emptying and motility in healthy humans».

71. Mahyari, S., B. Mahyari, S. A. Emami, B. Malaekheh-Nikouei, S. P. Jahanbakhsh, A. Sahebkar y A. H. Mohammadpour. 2016. «Evaluation of the efficacy of a polyherbal mouthwash containing *Zingiber officinale*, *Rosmarinus officinalis* and *Calendula officinalis* extracts in patients with gingivitis: A randomized double-blind placebo-controlled trial». *Complementary Therapies in Clinical Practice* 22: 93-8.
72. Bera, K., G. Nosalova, V. Sivova y B. Ray. 2016. «Structural Elements and Cough Suppressing Activity of Polysaccharides from *Zingiber officinale* Rhizome». *Phytotherapy Research* 30 (1): 105-11.
73. Drozdov, V. N., V. A. Kim, E. V. Tkachenko y G. G. Varvanina. 2012. «Influence of a specific ginger combination on gastropathy conditions in patients with osteoarthritis of the knee or hip». *Journal of Alternative and Complementary Medicine* 18 (6): 583-8.
74. Yamahara, J., M. Mochizuki, H. Q. Rong, H. Matsuda y H. Fujimura. 1988. «The anti-ulcer effect in rats of ginger constituents». *Journal of Ethnopharmacology* 23 (2-3): 299-304.
75. Ghayur, M. N. y A. H. Gilani. 2005. «Pharmacological basis for the medicinal use of ginger in gastrointestinal disorders». *Digestive Diseases and Sciences* 50 (10): 1889-97.
76. Yamahara, «Gastrointestinal motility enhancing effect of ginger and its active constituents».
77. Gupta, «Reversal of pyrogallol-induced delay in gastric emptying in rats by ginger (*Zingiber officinale*)».
78. Hu, M. L., C. K. Rayner, K. L. Wu, S. K. Chuah, W. C. Tai, Y. P. Chou, Y. C. Chiu, K. W. Chiu y T. H. Hu. 2011. «Effect of ginger on gastric motility and symptoms of functional dyspepsia». *World Journal of Gastroenterology* 17 (1): 105-10.
79. Mowrey, D. B. y D. E. Clayson. 1982. «Motion sickness, ginger, and psychophysics». *Lancet* 1 (8273): 655-7.
80. Grontved, A., T. Brask, J. Kambskard y E. Hentzer. 1988. «Ginger root against seasickness: a controlled trial on the open sea». *Acta Oto-Laryngologica* 105 (1-2): 45-9.
81. Lien, H. C., W. M. Sun, Y. H. Chen, H. Kim, W. Hasler y C. Owyang. 2003. «Effects of ginger on motion sickness and gastric slow-wave dysrhythmias induced by circularvection». *American Journal of Physiology: Gastrointestinal and Liver Physiology* 284 (3): G481-9.
82. Lamxay, Vichith, Hugo J. de Boer y Lars Björk. 2011. «Traditions and plant use during pregnancy, childbirth and postpartum recovery by the Kry ethnic group in Lao PDR». *Journal of Ethnobiology and Ethnomedicine* 7: 14.
83. Ghayur, «Ginger attenuates acetylcholine-induced contraction and Ca<sup>2+</sup> signalling in murine airway smooth muscle cells».
84. Hursel, R. y M. S. Westerterp-Plantenga. 2010. «Thermogenic ingredients and body weight regulation». *International Journal of Obesity* 34 (4): 659-69.
85. Mansour, Muhammad S., Yu-Ming Ni, Amy L. Roberts, Michael Kelleman, Arindam Roychoudhury y Marie-Pierre St-Onge. 2012. «Ginger consumption enhances the

- thermic effect of food and promotes feelings of satiety without affecting metabolic and hormonal parameters in overweight men: a pilot study». *Metabolism* 61 (10): 1347-52.
86. Eldershaw, T. P., E. Q. Colquhoun, K. A. Dora, Z. C. Peng y M. G. Clark. 1992. «Pungent principles of ginger (*Zingiber officinale*) are thermogenic in the perfused rat hind limb». *International Journal of Obesity and Related Metabolic Disorders* 16 (10): 755-63.
  87. Willetts, K. E., A. Ekangaki y J. A. Eden. 2003. «Effect of a ginger extract on pregnancy-induced nausea: a randomised controlled trial». *Australia and New Zealand Journal of Obstetrics and Gynaecology* 43 (2): 139-44.
  88. Vutyavanich, T., T. Kraissarin y R. Ruangsri. 2001. «Ginger for nausea and vomiting in pregnancy: randomized, double-masked, placebo-controlled trial». *Obstetrics and Gynecology* 97 (4): 577-82.
  89. Pongrojapaw, D., C. Somprasit y A. Chanthasenont. 2007. «A randomized comparison of ginger and dimenhydrinate in the treatment of nausea and vomiting in pregnancy». *Journal of the Medical Association of Thailand* 90 (9): 1703-9.
  90. Dabaghzadeh, F., H. Khalili, S. Dashti-Khavidaki, L. Abbasian y A. Moeinifard. 2014. «Ginger for prevention of antiretroviral-induced nausea and vomiting: a randomized clinical trial». *Expert Opinion on Drug Safety* 13 (7): 859-66.
  91. Ryan, J. L., C. E. Heckler, J. A. Roscoe, S. R. Dakhil, J. Kirshner, P. J. Flynn, J. T. Hickok y G. R. Morrow. 2012. «Ginger (*Zingiber officinale*) reduces acute chemotherapy-induced nausea: a URCC CCOP study of 576 patients». *Supportive Care in Cancer* 20 (7): 1479-89.
  92. Pillai, A. K., K. K. Sharma, Y. K. Gupta y S. Bakhshi. 2011. «Antiemetic effect of ginger powder versus placebo as an add-on therapy in children and young adults receiving high emetogenic chemotherapy». *Pediatric Blood & Cancer* 56 (2): 234-8.
  93. Pongrojapaw, D. y C. Chiamchanya. 2003. «The efficacy of ginger in prevention of post-operative nausea and vomiting after outpatient gynecological laparoscopy». *Journal of the Medical Association of Thailand* 86 (3): 244-50.
  94. Nanthakomon, T. y D. Pongrojapaw. 2006. «The efficacy of ginger in prevention of postoperative nausea and vomiting after major gynecologic surgery». *Journal of the Medical Association of Thailand* 89 (Suppl. 4): S130-6.
  95. Chaikunapruk, N., N. Kitikannakorn, S. Nathisuwan, K. Leeprakobboon y C. Leelasettagool. 2006. «The efficacy of ginger for the prevention of postoperative nausea and vomiting: a meta-analysis». *American Journal of Obstetrics & Gynecology* 194 (1): 95-9.
  96. Geiger, J. 2005. «The essential oil of ginger, *Zingiber officinale*, and anaesthesia». *International Journal of Aromatherapy* 15 (1): 7-14.
  97. Ozgoli, «Comparison of effects of ginger, mefenamic acid, and ibuprofen on pain in women with primary dysmenorrhea».
  98. Hursel, «Thermogenic ingredients and body weight regulation».
  99. Mansour, «Ginger consumption enhances the thermic effect of food and promotes feelings of satiety without affecting metabolic and hormonal parameters in overweight men».

100. Iwasaki, Y., A. Morita, T. Iwasawa, K. Kobata, Y. Sekiwa, Y. Morimitsu, K. Kubota y T. Watanabe. 2006. «A nonpungent component of steamed ginger-[10]-shogaol-increases adrenaline secretion via the activation of TRPV1». *Nutritional Neuroscience* 9 (3-4): 169-78.
101. Sahib, A. S. 2013. «Treatment of irritable bowel syndrome using a selected herbal combination of Iraqi folk medicines». *Journal of Ethnopharmacology* 148 (3): 1008-12.
102. Ghayur, «Ginger attenuates acetylcholine-induced contraction and Ca<sup>2+</sup> signalling in murine airway smooth muscle cells».
103. Wu, «Effects of ginger on gastric emptying and motility in healthy humans».
104. Gupta, «Reversal of pyrogallol-induced delay in gastric emptying in rats by ginger».
105. Bera, «Structural Elements and Cough Suppressing Activity of Polysaccharides from *Zingiber officinale* Rhizome».
106. Wu, «Effects of ginger on gastric emptying and motility in healthy humans».
107. Yamahara, «Gastrointestinal motility enhancing effect of ginger and its active constituents».
108. Gupta, «Reversal of pyrogallol-induced delay in gastric emptying in rats by ginger (*Zingiber officinale*)».
109. Grady, Cheryl L., Mellanie V. Springer, Donaya Hongwanishkul, Anthony R. McIntosh y Gordon Winocur. 2006. «Age-Related Changes in Brain Activity across the Adult Lifespan». *Journal of Cognitive Neuroscience* 18 (2): 227-41.
110. Saenghong, N., J. Wattanathorn, S. Muchimapura, T. Tongun, N. Piyavhatkul, C. Banchonglikitkul y T. Kajsongkram. 2012. «*Zingiber Officinale* Improves Cognitive Function of the Middle-Aged Healthy Women». *Evidence-Based Complementary and Alternative Medicine* 2012: 383062.
111. Eldershaw, «Pungent principles of ginger (*Zingiber officinale*) are thermogenic in the perfused rat hind limb».
112. Iwasaki, «A nonpungent component of steamed ginger-[10]-shogaol-increases adrenaline secretion via the activation of TRPV1».
113. Hursel, «Thermogenic ingredients and body weight regulation».
114. Mansour, «Ginger consumption enhances the thermic effect of food and promotes feelings of satiety without affecting metabolic and hormonal parameters in overweight men».
115. Deng, «Geraniol produces antidepressant-like effects in a chronic unpredictable mild stress mice model».
116. Martinez, «Antidepressant-like activity of dehydrozingerone».
117. Black, «Ginger (*Zingiber officinale*) reduces muscle pain caused by eccentric exercise».
118. Atashaka, Sirvan, Maghsoud Peerib, Mohammad Ali Azarbayjanib y Stephen R. Stannard. 2014. «Effects of ginger (*Zingiber officinale* Roscoe) supplementation and resistance training on some blood oxidative stress markers in obese men». *Journal of Exercise Science & Fitness* 12 (1): 26-30.
119. Martinez, «Antidepressant-like activity of dehydrozingerone».

120. Bhagavathula, Narasimharao, Roscoe L. Warner, Marissa DaSilva, Shannon D. McClintock, Adam Barron, Muhammad N. Aslam, Kent J. Johnson y James Varani. 2009. «A combination of curcumin and ginger extract improves abrasion wound healing in corticosteroid-damaged hairless rat skin». *Wound Repair and Regeneration* 17 (3): 360.
121. Haghighi, «Comparing the effects of ginger (*Zingiber officinale*) extract and ibuprofen on patients with osteoarthritis».
122. Bhagavathula, Narasimharao, Roscoe L. Warner, Marissa DaSilva, Shannon D. McClintock, Adam Barron, Muhammad N. Aslam, Kent J. Johnson y James Varani. 2009. «A combination of curcumin and ginger extract improves abrasion wound healing in corticosteroid-damaged hairless rat skin». *Wound Repair and Regeneration* 17 (3): 360.
123. Leelapornpisid, P., R. R. Wickett, S. Chansakaow y N. Wongwattananukul. 2015. «Potential of native Thai aromatic plant extracts in antiwrinkle body creams». *Journal of Cosmetic Science* 66 (4): 219-31.
124. Valera, Marcia Carneiro, Lilian Eiko Maekawa, Luciane Dias de Oliveira, Antonio Olavo Cardoso Jorge, Érika Shygei y Cláudio Antonio Talge Carvalho. 2013. «In vitro antimicrobial activity of auxiliary chemical substances and natural extracts on *Candida albicans* and *Enterococcus faecalis* in root canals». *Journal of Applied Oral Science* 21 (2): 118-23.
125. Maekawa, Lilian Eiko, Marcia Carneiro Valera, Luciane Dias de Oliveira, Cláudio Antonio Talge Carvalho, Carlos Henrique Ribeiro Camargo y Antonio Olavo Cardoso Jorge. 2013. «Effect of *Zingiber officinale* and propolis on microorganisms and endotoxins in root canals». *Journal of Applied Oral Science* 21 (1): 25-31.
126. *Ibid.*