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Ginger effects on control of chemotherapy induced nausea and vomiting

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Abstract

Background: Serious nausea and vomiting are the most common side effects of chemotherapy in patients suffering from breast cancer. This study was designed to comparison the effect of ginger and wild chamomile on these side effects.

Methods: This is a randomized double blind placebo- based study which was held since may to clinical research, with control group, three groups and triple-blind, was performed from May to December 2013 in breast cancer research center (BCRC) on 43 Breast cancer patients who underwent one-day chemotherapy due to breast cancer in adjuvant base. After obtaining inform concent and satisfaction patient randomly assigned into 3 groups, both groups took routine anti-nausea regimen including dexamethasone and metoclopramide and Granisetron and aprepitant. In addition to there the first group took 500 mg gingers capsule on hours before and two times daily for study after chemotherapy. A 3-part questionnaire including visual scale was used for evaluating the effect of capsules, and finally the data of 30 patients was analyzed according to the patient's breakdown by using inferential statistics of linear logarithm model with Poison and paired t-test function.

Results: The mean±SD of age in the intervention and control groups were 40.33±7.43 years, respectively. The findings show that ginger don't influence on the intensity of nusea ($p=0.238$). Ginger effected on reduction of the number of nausea ($p=0.013$). Also, ginger ($p<0.0001$) was more effective on reduction of the number of vomiting than controlled group ($p=0.02$).

Conclusion: Consuming ginger root powder capsules (1 gr/d) the first five days of Chemotherapy obtained results indicate that ginger is ineffective on intensity of nausea while influence on the number of nausea. Moreover, ginger effects on the number of vomiting.

Keywords: Chemotherapy for Breast Cancer, Serious Nausea, Vomiting, Ginger, complementary therapies.

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