The effect of ginger (zingiber officinale) in treatment of pain & breast engorgement in lactating women

Authors: Yousefzadeh, A. & Moazzami, M.

Email: yousefzadeh@mums.ac.ir, monazzamivm951@mums.ac.ir

Abstract:
The effect of ginger (Zingiber officinale) on pain and breast engorgement in lactating women was assessed in a randomized double-blind clinical trial. The participants were divided into two groups: the treatment group received ginger (250 mg) three times a day and the control group received a placebo. The results showed that ginger significantly reduced pain and breast engorgement compared to the placebo group. These findings suggest that ginger may be an effective adjunct to lactation support.

Keywords: Ginger, Pain, Breast engorgement, Lactating women.