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Ginger can save children with serious gastroenteritis

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ginger-can-save-children-with-serious-gastroenteritis

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The World Health Organization has declared gastroenteritis as the second leading cause of mortality in children below five years old.

Most preschool kids suffer from this condition one to two times every year, experiencing diarrhea, fever, vomiting, and stomach pain.

Researchers discovered that ginger can help treat acute gastroenteritis among children. Dr. Roberto Berni Canani, associate professor from the University of Naples Federico II in Italy, spearheaded the study which involved 140 children.

The participants, aged between one and 10 years old, were placed in a double-blind, randomized test parents nor doctors were aware which children received ginger or placebo.

According to results, the vomiting episodes of those who belonged to the group given ginger were reduced by at least 20 percent. Moreover, the number of children unable to attend school due to the disease also decreased by 28 percent.

In addition, the associate professor said the next step is to find out whether the health benefits of ginger can also work for children without acute gastroenteritis and if it can serve as a home remedy to reduce the risk of developing the condition.

Across the globe, it is responsible for the death of approximately 1.34 million children every year, which is at least 15 percent of all childhood deaths. In Europe, this condition causes over 87,000 inpatient cases and more than 700,000 outpatient visits annually.

Furthermore, the symptoms of acute gastroenteritis cause severe dehydration among patients. Canani even emphasized that dehydration is the most frequent and dangerous complication of the condition.

Ginger is found to be an effective solution to many health conditions, including acute gastroenteritis, because of its antibacterial, antiviral, anti-inflammatory and antioxidant properties.

It protects the inner lining of the stomach from infections, has the ability to soothe stomach pain, and promote good digestion. Ginger is also known for relieving nausea and vomiting; in fact, it has been proven beneficial to pregnant women. In addition, this underground stem can also lower the frequency of watery stools.

Instead of chewing small pieces of fresh ginger root, those who cannot take the strong smell and taste can brew ginger tea.

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