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Committee on Herbal Medicinal Products (HMPC)

## Assessment Report Summary for the Public (ARSP)

### Ginger rhizoma

*Zingiber officinale* Roscoe, rhizoma

#### Other names

BG (bългарски): Джинджифил, коренище	LT (lietuvių kalba): Imbiery šakniastiebiai
CS (čeština): zázvorový oddenek	LV (latviešu valoda): Ingvera saknenis
DA (dansk): Ingefær	MT (malti): ginġer
DE (Deutsch): Ingwerwurzelstock	NL (nederlands): Gemberwortel
EL (elliniká): ζιγγιβέρεως ρίζωμα	PL (polski): Kłącze imbiru
EN (English): Ginger	PT (português): gengibre
ES (español): jengibre, rizoma de	RO (română): rizom de ghimbir
ET (eesti keel): Ingverijuurikas	SK (slovenčina): podzemok ďumbieru
FI (suomi): inkivääri, juurakko	SL (slovenščina): korenika pravega ingverja
FR (français): gingembre (rhizome de)	SV (svenska): ingefära, jordstam
HR (hrvatski): đumbirov podanak	IS (íslenska):
HU (magyar): gyömbér gyökértörzs	NO (norsk): ingefær
IT (italiano): Zenzero rizoma	



## Introduction

This is a summary of the scientific conclusions reached by the Committee on Herbal Medicinal Products (HMPC) on the medicinal uses of Ginger rhizoma. It summarises the Committee's recommendations on the use of Ginger rhizoma.

The HMPC conclusions are taken into account by EU Member States when evaluating applications for the licensing of herbal medicines containing Ginger rhizoma. When a Member State authorises a medicine containing Ginger rhizoma, detailed instructions on how to take it will be available in the package leaflet that comes with the medicine.

The information in this summary report concerns herbal medicinal products containing Ginger rhizoma which are only authorised when they comply with the strict pharmaceutical quality and other requirements for herbal medicinal products. They are approved by the competent authorities to be placed on the market as medicinal products. Other products, like food, food supplements, cosmetic products or medical devices do not follow the same criteria and regulatory requirements as medicinal products and are excluded from this summary.

## What is Ginger rhizoma and what do Ginger herbal medicines contain?

Ginger rhizoma is the common name for the underground part of the plant *Zingiber officinale* Roscoe.

Medicinal products with Ginger rhizoma contain the powdered or the tincture of the dried rhizoma. The tinctures are obtained by putting the Ginger rhizoma in alcohol to dissolve compounds.

Herbal medicines containing these Ginger rhizoma preparations are usually available in solid or liquid forms to be taken by mouth.

## What are the medicinal uses of Ginger rhizoma?

Ginger rhizoma preparation in powder is used for the **prevention of nausea and vomiting in motion sickness**. This is based on clinical studies which showed efficacy when used this way.

Ginger rhizoma preparations, in powder or as tinctures, has a traditional medicinal use for the **symptomatic relief of motion sickness**, for the **symptomatic treatment of mild, spasmodic gastrointestinal complaints** including bloating and flatulence, for **temporary loss of appetite**, for the **relief of minor articular pain**, and for the **relief of symptoms of common cold**. Traditional medicinal use means that the use in the specified indication is exclusively based upon long-standing medicinal use and not based on results from clinical studies.

## When is it not recommended to use Ginger rhizoma?

You can find detailed instructions on how to take Ginger rhizoma medicines and who can use them in the package leaflet that comes with the medicine.

Do not use Ginger rhizoma:

- for children and adolescents under **18 year** of age for the prevention of nausea and vomiting in motion sickness, for the symptomatic treatment of mild, spasmodic, gastrointestinal complaints including bloating and flatulence, for temporary loss of appetite, for the relief of minor articular pain and for the relief of symptoms of common cold because of the lack of adequate data.
- for children under **6 year** of age for the symptomatic relief of motion sickness because of lack of adequate data.
- if you are **pregnant or if you breast feed** your child.
- if you are **allergic** to Ginger.

Consult a doctor or a pharmacist:

- if complaints such as articular pain accompanied by swelling of joints, redness, or fever when treating your articulation occur during the use of Ginger rhizoma medicines.
- if your symptoms persist longer than:
  - 1 week** during the use of the medicinal product for the relief of symptoms of common cold.
  - 2 weeks** during the use of the medicinal product for the symptomatic treatment of mild spasmodic gastrointestinal complaints, or temporary loss of appetite.
  - 4 weeks** during the use of the medicinal product for the relief of minor articular pain.

## What you need to know before taking Ginger rhizoma with other medicines?

No interactions with other medicines when using Ginger rhizoma have been described in the literature, at the time of assessment.

## What are the risks associated with Ginger rhizoma medicines?

You may experience some side effects with Ginger rhizoma medicines

You may get **skin allergic reaction** or **nausea**.

The frequency of these undesirable effects is not known.

You may get **stomach problems**.

The frequency of these undesirable effects is uncommon; it may affect up to 1 in 100 people.

## How does Ginger rhizoma work as a medicine?

The efficacy of a specific preparation of Ginger rhizoma in treating the **prevention of nausea and vomiting in motion sickness** is based on its **well-established use**. This means that there is a documented medicinal use for at least 10 years in the EU and published clinical studies to support the efficacy and safety when used for the prevention of nausea and vomiting in adults.

In its assessment, the HMPC considered a number of clinical studies with Ginger rhizoma. In particular, Ginger rhizoma has been compared with placebo (a dummy treatment) or other treatments in the prevention of nausea and vomiting in motion sickness. The results showed that Ginger rhizoma was more effective than placebo and as effective as other medicines in preventing motion sickness.

The way Ginger rhizoma works in prevention of nausea and vomiting in motion sickness is not fully known, but it is thought from some studies, that it may modify gastro-intestinal motility.

The HMPC conclusions on the use of these Ginger medicines for the **symptomatic relief of motion sickness**, for the **symptomatic treatment of mild, spasmodic gastrointestinal complaints** including bloating and flatulence, for **temporary loss of appetite**, for the **relief of minor articular pain**, and for the **relief of symptoms of common cold** are based on their '**traditional use**'. This means that, although there is insufficient evidence from clinical trials, the effectiveness of these herbal medicines is plausible and there is evidence that they have been used safely in this way for at least 30 years (including at least 15 years within the EU).

## How are herbal medicines containing Ginger rhizoma approved in the EU?

Any applications for the licensing of medicines containing Ginger rhizoma have to be submitted to the national authorities responsible for medicinal products. Before approval, the national authorities assess the quality, safety and efficacy of the herbal medicine. The HMPC conclusions are taken into account when evaluating applications for the licensing of herbal medicines.

Information on approved Ginger rhizoma medicines in EU Member States may be obtained from the relevant national authorities.

## Further information

Further information on the HMPC scientific assessment of Ginger rhizoma medicines, including details of the Committee's conclusions, can be found under the tab 'Documents' on the Agency's website: [Taraxaci officinalis radix - herbal medicinal product | European Medicines Agency \(EMA\)](#).

