

The Effect of Ginger on Body Composition, Conicity Index and Blood Pressure in Patients with Active Rheumatoid Arthritis

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Background: Despite probably beneficial effects of Ginger on weight, body composition and Blood pressure, there is little information on its effects in active rheumatoid arthritis (RA) disease. Many of patients with this inflammatory disease suffer from cachexia. This article has designed to investigate the effects of Ginger powder on weight, body composition and blood pressure in adults who suffer from active RA.

Methods: In a randomized, double-blind placebo-controlled trial; Seventy nine patients with active RA were divided randomly into two groups to receive either Ginger or placebo for 3 months. Ginger was prescribed 1500 mg daily as 2 capsules. Food assessment measured by Food processor (version 4) program. Body composition analyzer machine (BIA, Quad Scan 4000, United Kingdom). Comparison between groups was done by t-test for quantitative variables and by Chi-square test for qualitative data.

Results: Regarding the anthropometric characteristics, Weight, body mass index (BMI), Conicity index and hip Circumference were significantly increased in control group compared to baseline ($P < 0.001$) ($P < 0.001$) ($P < 0.05$) ($P < 0.001$) and the difference between two groups was significant ($P < 0.001$) ($P < 0.04$) ($P < 0.02$) respectively. Waist Circumference (WC) were increased in control group and the difference was significant ($P < 0.01$). Percent body fat (PBF) was significantly decreased in Ginger group ($P < 0.05$). There were no statistically significant differences in Soft Lean Mass and blood pressure.

Conclusion: Ginger as a food supplement resulted in a significant suppression in weight gain, BMI, PBF, Conicity index and various anthropometric characteristics of RA patients in short period and may be considered useful as a nutritional strategy.

Keywords: Ginger, Rheumatoid Arthritis, Body composition, Weight, Blood Pressure.

Biography:

Dr. Naheed is an Associate Professor in department of Nutrition, School of Public health, Iran University of Medical Sciences. She has completed her BS in Nutrition from Shaheed Beheshti of Medical Sciences, Tehran, Iran, MS from Tabriz University of Medical Sciences, Tabriz-Iran & Ph.D in Nutrition, Minor Immunology from Nutrition department, Health Faculty, Tehran University of Medical Sciences, Tehran –Iran. She has published more than 30 journals