

Ginger Therapy for Osteoarthritis

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Objective

To explicate the phenomenon of ginger compresses for adults with

Material

Ginger compress:

Cotton cloth soaked in hot ginger infusion

Treatment:

Daily ginger compress applied over kidney region for seven consecutive days



Method

Husselian phenomenological, with short arthritis questionnaire to support participant selection

Sample:

10 adults, with symptomatic osteoarthritis from 5 anthroposophic primary healthcare clinics

Data:

- 1) Daily written diary
- 2) Daily coloured human diagram
- 3) Interview 1 week after treatment
- 4) Two follow-up conversations

Question:

What was your experience of the ginger compress?

Analysis:

Six clearly defined steps as adapted by Giorgi

Result

Three essential themes identified the phenomenon:

- 1) Warmth penetrated through the entire self, activating deep relaxation
- 2) Total relaxation of the self enabled release of tension and improved receptivity towards others
- 3) Interest in the outer world increased as the self felt more mobile and energised

The essential experience of ginger compresses exposed the unique qualities of heat, stimulation, relaxation and analgesia

Conclusion

This therapy is a viable, non-invasive option for osteoarthritis symptoms

Future controlled research with larger numbers of people is needed

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Journals: IPJP - 2010 Vol. 10(1)

Journal Advanced Nursing - 2010

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