



Ginger Compress Research

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Anthroposophical Nursing

- ◆ Extension of Traditional Nursing
- ◆ Striving for humane, loving, caring practice
- ◆ Understanding human-being from Anthroposophical world-view

External Applications

- ◆ Patient response via nerve sense system of skin
- ◆ Qualities & characteristics of medicinal substance
- ◆ Patient personality & condition

Ginger Compress

- ◆ Infusion hot ginger root soaked into cotton cloth
- ◆ Applied to kidney region for 30 minutes
- ◆ Rest 20-30 minutes

Properties - Zingiber Officinale

- ◆ Fruit & seed insignificant
- ◆ Flower - orchid like & complex
- ◆ Stem & leaf short & structured
- ◆ Root - thick, long-lasting, tuberous, rhizome
- ◆ Medicinal qualities in root

Questions

1. What is your experience of receiving a Ginger Compress?
2. Could you describe any physical changes in your body?



Questions

3. Could you tell me about any changes in your thought life?
4. How has this experience affected you?

Methodology

- ◆ Filderklinik Study 1992
- ◆ Objective - investigate patient experience
- ◆ Four Anthroposophical Nurses selected 7 patients
- ◆ Husserlian Phenomenological method

Findings

Patients experience

- ◆ Warmth increasing in intensity & radiating outwards
- ◆ Stimulation of internal bodily activity
- ◆ Changes in thought life, sensory perception, & bodily tension
- ◆ Centredness within themselves

Information:

www.ratohealth.co.nz

www.ipjp.org "Vol 4 Edition 1 2004"

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