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Effect of consumption of *Zingiber officinale* extract in managing chemotherapy induced nausea and vomiting and improvement of nutritional status and quality of life of oncology subjects receiving chemotherapy

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Statement of the Problem: Oncology patients undergoing chemotherapy normally tend to have gastrointestinal side effects such as nausea and vomiting. Good nutrition counseling associated with strategies to reduce nausea and vomiting can help to reduce the intensity of such symptoms and help the patients to have a better quality of life.

Aim: To evaluate the effect of ginger extract in reducing chemotherapy induced nausea, vomiting and improve nutritional status, quality of life of oncology subjects on chemotherapy.

Objectives: To evaluate nutritional status, appetite and weight loss, quality of life of subjects on chemotherapy and to supplement ginger extract and evaluate effect on selected parameters.

Materials & Methods: A prospective experimental study was carried out on 80 subjects (40 F, 40 M) on 1st cycle chemotherapy. Subjects consumed 50 ml of ginger extract containing 1.5 g ginger for a period of four days till the third cycle of chemotherapy. Baseline assessment was done using PG-SGA, FACT-G and SNAQ questionnaire measuring nutritional status, quality of life and weight loss, respectively. Days of chemotherapy induced nausea and vomiting (CINV) was measured using MASCC tool.

Results: Significant ($p<0.001$) improvement in nutritional status (PGSGA) scores, quality of life (FACT-G) scores and prediction of weight loss scores (SNAQ) was observed between baseline and final assessments. Number of days of CINV reduced significantly ($p<0.001$) from 5.74 ± 2.19 to 3.92 ± 1.10 .

Conclusion: Few studies have reported the use of herbal antiemetics in reducing CINV, equivalent to allopathic antiemetics. Present study also has shown the use of *Zingiber officinale* to be effective in reducing the number of days of chemotherapy induced nausea and vomiting.

Biography

Harini N B has completed her MSc and BSc degrees in Clinical Nutrition from Sri Ramachandra University and Ethiraj College for Women, respectively. She is currently a Consultant Nutritionist at Almond Board of California and delivers lectures on the importance of the nutritional values of almonds and its health benefits. She has worked at the Apollo Hospitals, India as a Clinical Dietitian Associate for a year where she performed nutrition counseling, assessed the nutritional requirements and developed nutrition counseling programs for the patients and suggested diet charts to meet individual's requirements.

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