

GINGER: THERE IS MUCH MORE THAN PUNGENCY

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Ginger has long been known as a spice being an ingredient in many recipes. It has also been used in traditional medicine to alleviate different the problems of different diseases. The presence of gingerols confers to ginger its pungency. Gingerols are generally described as the mixture of phenolic compounds including [6]-, [8]- and [10]-gingerol, in addition to the corresponding shogaols. We have been interested in the biological activities of gingerols and have found that they are cathepsin K inhibitors and can inhibit the activity of this enzyme in chondrocyte cells. Among the gingerols, specially [10]-gingerol also presents interesting antitumor and antimetastatic properties. In this talk I will discuss the more recent work on the properties of [10]-gingerol and our recent discoveries of its effect on combined therapies.