Reviewer’s report

Title: Zingiberaceae extracts for pain: a systematic review and meta-analysis

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Reviewer: Beng San Yeoh

Reviewer’s report:

The manuscript describes a meta-analysis on whether Zingiberaceae extracts are effective in alleviating chronic pain. After a rigorous screening and selection of randomized controlled trials, the authors identified 8 studies that are eligible for quantitative analysis in this meta-study. Statistical analysis reveals that Zingiberaceae extracts are indeed effective at treating chronic pain (defined as pain lasting more as 24 hours) compared to placebo controls. More interestingly, the analgesic properties of Zingiberaceae extracts exhibited a dose-dependent effect; higher dose yields greater pain reduction in treatment groups.

Overall, this meta-analysis is rather thoroughly performed and included a discussion of similar meta-study that had been done in similar fashion. Additionally, the authors are well-aware of potential publication bias of reviewed literatures as well as the limitation of this meta-analysis approach itself. A meta-analysis that synthesizes the results of previous studies in the context of evaluating analgesic properties of Zingiberaceae extract, would benefit future clinical trials/study on Zingiberaceae extract in terms of experimental design and approach. I recommend this manuscript to be considered for publication in Nutrition Journal.

Quality of written English: Acceptable

Statistical review: Yes, but I do not feel adequately qualified to assess the statistics.

Declaration of competing interests:

I declare that I have no competing interests.