

GINGER

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Introduction

Common Name: Ginger

Latin Name: *Zingiber officinale*

Ginger is a spice, ginger is mainly available spice in every kitchen. Ginger gives flavour and smell to the food. Ginger is also having medicinal properties. Ginger is used as a home remedy for cold, stomach ache, nausea etc.

The unique fragrance and flavor of ginger come from its natural oils, the most important of which is gingerol. Gingerol is the main bioactive compound in ginger. It's responsible for much of ginger's medicinal properties.

Ginger is used for health benefit purpose also. Ginger has also have nutritional benefits. Ginger is helpful in relieving nausea, stomach pain and also for relieving morning sickness.



Health benefits

- Taking ginger in daily drinks (tea, decoction, warm water with honey) helps to cure cold, cough and infection related to throat.
- Adding ginger supplement to your diet helps in reducing the sugars in blood and also in helps in reducing cholesterol.
- In the case of chronic indigestion adding ginger supplement to your diet helps to improve the digestion process. Ginger intake is also helpful for getting relax from abdominal discomfort and gas forming.
- Intake of ginger in your diet in a dried form with drinks which you are taking daily helps to improve the appetite.
- During menstrual cycle taking ginger supplements helps in relieving from stomach ache.
- After severe exercise some may have experience with muscle aches in this taking ginger supplement in your diet helps to receive from muscle ache.
- Taking ginger, lemon, and honey with warm water is also helps in weight loss to some extent.
- Adding ginger supplement to your diet helps to relieve from morning sickness during pregnancy. But when you are taking more amounts of ginger during pregnancy time you have to take suggestion from the doctors.
- Antioxidants and other nutrients in ginger may help prevent or treat arthritis, inflammation, and various types of infection. Researchers have also studied its potential to reduce the risk of diabetes, cancer, and other health problems.