



Shunthi

Common Name: Ginger

Botanical Name: Zingiber Officinale

Part used: Root

Ginger is a thick tuber root herb and has been used for its therapeutic properties both in its fresh form and dried form for over 2,500 years. Ginger is a truly wonderful herb with numerous healing properties. It is effectively used to balance all three doshas and is infamous as a cooking ingredient and for its aromatic fragrance.

Therapeutic benefits:

- Acts as a digestive tonic and calms stomach upsets and cramps and flatulence when taken with lime juice, stimulates digestion when taken with rock salt and keeps intestinal muscles toned and increase bile flow.
- It has warming properties on the upper respiratory tract and used to treat colds and flu.
- Help in the management of asthmatic conditions
- Stimulates blood circulation by reducing stickiness of platelets.
- Anti-inflammatory properties are useful in conditions of external pain, swelling and arthritis by applying as a local paste or ginger oils.
- Anti-nausea and anti emetic action and especially useful in pregnancy

Fresh, dried and a variety of ginger products, such as teas, jams, crystals, etc are widely available. Ginger is completely safe to take and does not interact with other drugs. Consult doctor if you have gall stones.