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## Ginger and its Therapeutic Importance

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### INTRODUCTION

Ginger is a perennial herb with swollen and stiff underground branching stems (rhizomes). Ginger is a member of a plant family that includes cardamom and turmeric. The presence of ketones, particularly gingerols, which appear to be the principal component of ginger examined in many health-related scientific researches, contributes to its pungent scent. When ginger leaves and rhizomes are cut or bruised, they emit a distinct aroma. After the leafy sections have dried, the rhizomes are pulled up. The plant's underground stem, or rhizome, is ginger. Ginger is a plant native to Southeast Asia. It is grown in the United States, India, China, the West Indies, and other tropical areas. Since ancient times, ginger has been utilized as a remedy in Asian, Indian, and Arabic herbal traditions. In many civilizations, ginger is used as a herbal cure. It has been used to reduce inflammation, aid digestion, and promote cardiovascular health over the years. Ginger has anti-inflammatory properties that help with blood circulation and relieve arthritis and other body aches and pains. It boosts the production of saliva and other digestive fluids in the body, which soothes troubled stomachs and promotes good digestion. Digestion speed aids in the removal of toxins from the body by cleaning the kidneys and bowels. It also helps with nausea, motion sickness, and morning sickness. Ginger has been known to enhance digestion, stimulate appetite, and increase saliva production. It may also be beneficial for stomach pains, alcoholic gastritis, and hangovers. Ginger has traditionally been used to rid the body of toxins through the skin by stimulating and increasing perspiration, as well as to break fevers. It has a slight diuretic effect and helps to cleanse the body by improving kidney function and enhancing filtration. Volatile oils and pungent phenol compounds known as gingerols, sesquiterpenoids, and shogaols are among the active components in ginger root. Ginger oil makes up 3% of the ginger plant, and it is the oil that gives ginger its spicy scent. According to recent research, ginger has potent antioxidant capabilities. Ginger also helps to alleviate inflammation. The volatile oils in ginger's dried rhizome range from 1%-4%. These are the medicinally active ingredients in ginger, as well as the ones that give it its distinct odour and flavor. Zingiberene and bisabolene are fragrant constituents, while gingerols and shogaols are pungent constituents.

### THERAPEUTIC EFFECTS OF GINGER

- When administered for short periods of time, studies suggest that 1 gram of ginger per day may be safe and beneficial for pregnancy-related nausea and vomiting. Ginger has been shown to lower the severity and duration of nausea during chemotherapy. Research has shown that the use of ginger before surgery helps in the treatment of nausea and vomiting following surgery
- Ginger extract has long been used to treat inflammation in traditional medicine. In fact, many health care professionals utilize ginger to treat inflammation-related illnesses like arthritis and ulcerative colitis
- Ginger is a digestive tonic that might help you feel better. It stimulates digestion as an aromatic bitter. It also helps to tone the muscles of the intestines. This effect facilitates the passage of substances through the digestive tract, reducing intestinal discomfort. Ginger may help prevent ulcers by protecting the stomach from the harmful effects of alcohol and non-steroidal anti-inflammatory medicines
- Dried ginger can help in the management of allergies and asthma by offsetting the effect of the Platelet-Activating Factor. In allergies and asthma, PAP triggers inflammatory processes. It was discovered to become more active after blood chemistry changes caused by a high-fat diet
- Ginger reduces the synthesis of cytokines, which are immune system components. These substances are thought to cause a long-term proclivity for inflammation. Ginger improves blood circulation as well. These properties of ginger are used to treat a

variety of conditions characterized by swelling and discomfort, such as arthritis. Ginger has also been demonstrated in studies to reduce pain without causing any negative side effects

- Zingibain, a compound found in ginger, dissolves parasites and their eggs. Ginger extracts have been shown to kill the anisakid worm (a parasite occasionally found in raw fish) within sixteen hours. Ginger protects the body from the hepatotoxic effects of valproic acid (Depakene), a common treatment for seizure disorders.