Ginger / *Zingiber officinale*

**Part consumed** –
Tubers

**Form consumed** –
Juice (Ardrak),
Dried powder (Sunthi),
fresh roots in cuisines, & teas

**Maximum daily consumption by adults** –
Juice - 5-10 ml
Dried powder - 4 g

**Composition**
- Gingerols
- Shogaols
- Paradols
- Zingiberene
- Essential Oils

**Indications as per Ayurveda**
- Analgesic, Digestive
- Appetizer, Laxative
- Antibiotic, Anti-pyrexia
- Cardio-Protective
- Respiratory Diseases
- Asthma, Oedema

**Modern Clinical Studies**
- Antiviral, Antibiotic
- Radio-protective
- Anti-Inflammatory
- Anti-Cancer
- Antioxidants
- Neuroprotective
- Cardio-protective
- Respiratory Protective
- Anti-obesity
- Anti-Diabetes