

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