

Herbarium sheet

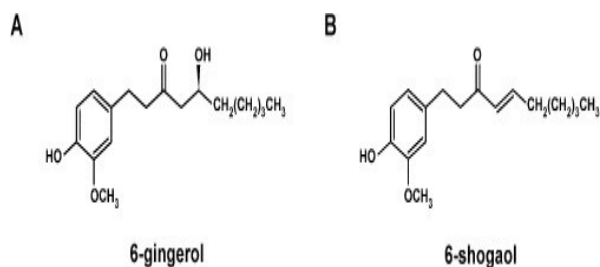
Suntha (*Zingiber officinale*)

Common name: Dry Ginger, **English:** Dry Ginger, **Marathi:** Suntha, **Sanskrit:** Adraka **Gujarati:** Suntha,

Hindi: Adraka

Part used: Dried Rhizome. - *Zingiber officinale* has a biennial or perennial, creeping rhizome. Pieces about 5-15 cm long, 1.5-6.5 cm wide (usually 3-4 cm) and 1-1.5 cm thick, externally buff coloured

Active Chemical constituents: Gingerol and Shogaol



Gingerol and Shogaol

Organoleptic characters:

Colour-yellowish-brown

Odour- aromatic

Taste- spicy, pungent, hot

Pharmacological applications: Gastrointestinal Effects, Antitussive Effects, Antimicrobial Activities, Immunomodulatory Effects, Weight Loss Effects, Antioxidant activity

Granthokta Ayurvedic application:

Pachak, Kaphagna, Vathar, Udarshool, Sandhivat, Shirshool, Shwas, kas, Prameha, kamala, pet me marod.
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