

# A Review On Ginger: Exploring the Versatile Benefit of Ginger from Ancient Remedy to Superfood

<sup>1</sup>Kiran Singh, <sup>2</sup>Vishal Maurya, <sup>3</sup>Yashvardhan Srivastav, <sup>4</sup>Swatantra Kshyap

<sup>1</sup>Principal, <sup>2,3,4</sup>Student

NIRMALA DEVI PHARMACY COLLEGE  
NAYANSAND GAURABADSHAHPUR  
JAUNPUR, UTTAR PRADESH 222133

**Abstract-** Ginger is used as a spice and also a Villager's traditional medicine and export in world wide. It involves in best food participants like vegetables, soups, and fish meat dish as well as Tea. This Rhizomatous plant is used widely in Southeast Asia, in different places known for Asian Dishes. Indian Women use this aromatic ginger as peel and Warm it in vessels with water by This Directing Extraction of Chemical Constituents and This Constituent gives a huge benefit. The burning Sensation of chemical Constituent on the tongue and Esophageal tract show a huge amount of chemical constituent in Ginger (*Zingiber officinale*). It is an essential oil in working of relieving arthritis. It maintains pharmacological action and are looking like in anti-inflammatory in Osteoarthritis by decreasing inflammation, and Anti-emetic, Analgesic, Anti-Platelet, Anti-Microbial, Hypoglycaemic, also in GI Benefits.

## Introduction

Ginger is a flowering Herbaceous perennial plant composed of baked rhizomes of *Zingiber officinale* Roscae, Ginger has scientific name as (*Zingiber Officinale*, has been reversed spice and medicinal herb known for centuries.

It has antioxidant properties that prevent from stress also help in heigh blood pressure (1).

Most of Indian peoples use this Ginger in Black Tea and Othes for Reduce Common Cold and some allergic Problems, This ginger are in root form,The Indian People are crushed by Motar and pistle (2).

*Zingiber officinale* is a rhizomatous plant native to Southest Asia. Its flavour in Pungent Form.Ginger also tradition of Worldwide Cullinory in Kitchen.

The tuber is Versatile and this are rhizome in soil. Most People know it from Asian dishes,because it is impossible to imagine an Asian cussine without ginger(3).

Ginger are involved in Best food and Fast food Participants like soups and vegetables as well as fish and meat dishes.

Ginger not have any seed but it with his cut part of tubers. In Indian language, the ginger is also known as 'Adarak' Adarak is a Hindi word. We believewith study that Ginger is birth in Southest china and inSouthest asia (4).

Ginger Reproduct and found first in china from china it spread into india, The Ginger spice comes from the roots of the plant. It is used as flavouring and medicine. Ginger Contains chemicals that might reduce nausea and swelling. These chemicals seen to work in the stomach in villi projection of intestines, but they also help the brain and nervous system to control system to control nauses.(5).

**Synonyms:** Ginger, Black Ginger, Zingeberic rhizome, *Zingiber officinale*.

**Biological Source:** Ginger be composed of the baked rhizomes of *Zingiber officinale* Roscae.

**Taxonomical Status:**

**Kingdom:** Plantae **Order:** Zingiberalis.

**Family:** Zingiberaceae.

**Genus:** *Zingiber*.

**Species:** *Zingiberaceae officinale*.

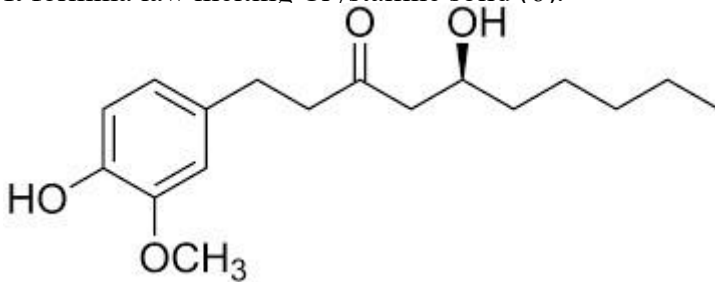
**Fig:-Ginger (*Zingiber officinale*)**

Chemical Composition: -

**Gingerol:** Primary bioactive compound in Ginger.

✚ Gingerol is a beta-hydroxy ketone 5-hydroxydecan-3-one substituted by a 4-Hydroxy-3-Methoxyphenol moiety position 1, believe to the process of apidogenesis.

- ✚ Gingerol Work as antineoplastic agent.
- ✚ Beta-hydroxyketone and member of guaicol.
- ✚ Gingerol work of activates heat receptors on the tongue.
- ✚ It is found in pungent yellow oil in very hot chemical.
- ✚ It formina law melting Crystalline solid (6).

**Fig: Gingerol (*Zingiber officinale*).**

### Zingiberene:

Zingiberene is a monocyclic sesquiterpene that is the predominant constituent of the oil of ginger (*Zingiber officinale*).

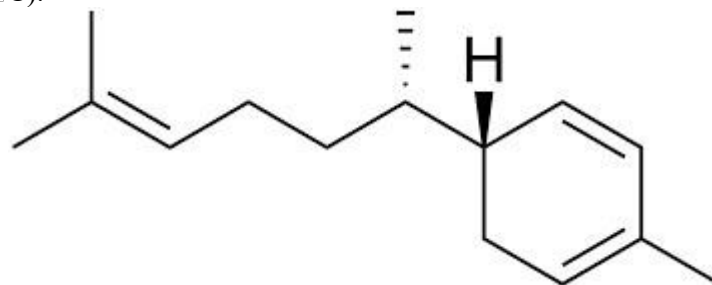
IUPAC Name: 2-Methyl-5(6-methyl hept -5-en-2-yl) Cyclohexa-1,3-diene.

The Chemical formula of Zingiberene is (C<sub>15</sub>H<sub>24</sub>).

The Molar mass is (204.357g.mol<sup>-1</sup>).

The Boiling point is 134°C to 135°C.

Density 871.3mg cm<sup>-3</sup>(20°C).

**Fig: Zingiberene (*Zingiber officinale*).**

- ✚ Zingiberene is uses such as Carminative, antiemetic, peripheral circulatory stimulant, spasmolytic and anti-inflammatory, cold induced disease, nausea,colic,
- ✚ It Contain 30 % of the essential oil used in Arthritis present in the ginger rhizome (7).

**Pharmacological Action of Ginger (*Zingiber officinale*): - Anti-inflammatory:**

† Ginger can do and reduce inflammation and shows anti-inflammatory properties, also helpful in osteoarthritis and rheumatoid arthritis. (8).

**Anti-Emetic:**

† Ginger also help in to less the effect of nausea and vomiting, in case of motion sickness, use in case of Chemotherapy-induced nausea.

† In Women, morning sickness in a pregnant woman. (9).

**Gastrointestinal Benefits:**

† Ginger can reduce irritation of Gastrointestinal tract.

† Ginger can improve the Gastrointestinal health.

† Ginger helps by used as dyspepsia or indigestion (10).

**Analgesic: -**

† Ginger may have mild Analgesic effects, also help in pain, muscle pain and headache.

† Ginger work as Antioxidant,

† It can neutralize harmful free radicals in the body and it control the risk of Chronic diseases.

**Antioxidant: -**

Ginger work as Anti-oxidant, it can neutralize harmful free radicals in the body and, it controls the risk of cardiovascular events.

**Antiplatelet: -**

Ginger also prevents blood clots and it Control the risk of Cardiovascular events. (11).

**Antimicrobial: -**

Some Component of ginger show anti-microbial Properties , This ginger fight against Escherichia coli bacteria.

**Hypoglycemic: -**

Ginger Maintain blood sugar level in Human body people beneficial in diabetes for people. **Immunomodulatory: -**

Ginger maintains the imbalance of immune response.

Fresh Ginger give other benefit then dried Ginger (12).

**Conclusion: -**

Ginger is found easily everywhere, and their action like antioxidant properties.

It inhibits the production of Superoxide and lipid peroxide.

Heart protection is also useful in reducing blood lipid levels and reducing of clot in the body.

Ginger has potential to use in pharmaceutical industry.

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