

Ginger



Scientific name: *Zingiber officinale* Roscoe

Common name: Ginger

Traditional name: Zanjabil, Zanjafil

Part used: Rhizome

Description & characteristics:

Thick, tuberous wooden, slightly elongated, branched and wide pieces with a yellowish white color and a very aromatic pungent and pleasant smell and taste.

Temperament:

- Fresh: Hot in the third and dry in the first
- Dry: Dry in the second

Functions:

Mojaffif (desiccant), *Mohallil* (resolvent), *Mofattih* (deobstruent), *Molattif* (attenuant), *Mondij* (coctive agent), digester, aphordisiac .

Traditional uses:

Tonic for memory, digestion, stomach and liver power , *Mofattih* (deobstruent) of the liver obstructions, *Mohallil* (resolvent) of the stomach and intestines dense gases, *Moqatti* (extricating agent) of mucus and dense moistures stuck to the surface of the stomach and intestines and *Mojaffif* (desiccant) of them, *Molayyin* (aperient) of temper, sending out the dense humor and also brain and pharyngeal moistures, useful in coldness of the nerves, paralysis, obstructive jaundice and urine dribbling caused by coldness and weakness of the urinary organs , diarrhea caused by deterioration of food, phlegmatic thirst reliever, with rock candy and frankincense to remove the harms of fresh fruits and stomach dampness, with Indian jalap as purgative of joint moistures, kept in the mouth: phlegmatic thirst remover.

Modern uses:

Loss of appetite, motion sickness, dyspepsia, nausea after surgery.

Dosage:

The plant can be consumed as a powder or brewed.

- A quarter of a teaspoon of the plant should be brewed in a cup of boiling water for 5 minutes.
- A quarter to a scoop of ginger powder per day as a single dose or in several divided doses.
- Motion sickness: half of a scoop 30 minutes before moving and then a quarter to a half of a scoop every 4 hours.

Side effects: Skin hypersensitivity, dermatitis.

Precautions and warnings:

- Consuming more than 6 grams of dry ginger powder on an empty stomach has the risk of causing stomach ulcers.
- Excessive use of ginger can cause CNS depression and cardiac arrhythmia.

Use in pregnancy and breastfeeding:

Some countries prohibit the use of ginger during pregnancy, and others consider it useful in relieving nausea during pregnancy, so it is recommended to avoid using a lot and high amounts of ginger during pregnancy.

Contraindications:

- Gallstones due to its cholagogic effects
- People who are at risk of bleeding due to the inhibitory effect on the synthesis of thromboxane.

Interactions:

Ginger has an anti-coagulant effect, therefore, people who take anti-coagulant drugs or suffer from bleeding disorders should avoid taking high doses of ginger.

Pharmaceutical forms available in natural products pharmacy:

Single component: Ginger oil

Combined: Ginger in combination with other herbs:

- Barij Alzastop capsule
- Green carmine capsule
- Zinocolic syrup
- Galen's syrup
- Compound lobub electuary
- Mughni syrup (exir)
- Comoni Jawarish electuary
- Small lobub electuary
- Communal boiling capsule
- Khobth al-Hadid Jawarish capsule
- Fit Iron tablet
- Compound honey syrup
- Gastrina capsule

References:

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