

Lesser galangal



Scientific name: *Alpinia officinarum* (Hance) Farw.

Common name: Lesser galangal

Traditional name: Kholanjan, Khosrodaro

Part used: Rhizome

Description & characteristics:

Dark, reddish brown, cylindrical rhizome is hard and tough, showing a pale inside with a darker central column, has a pungent spicy taste and aromatic odor.

Temperament: Hot and dry

Functions:

Stomach, intestine, digestive and libido tonic, urine retentive, carminative.

Traditional uses:

Colic cramp, sour belching, refreshing breath, invigorating the internal organs, the coldness and pain of kidney, Phlegm cold pains.

Modern uses:

Dyspeptic complaints, Loss of appetite

Dosage:

One cup.

How to prepare: infusion of 2-4 grams, Drink one cup half an hour before meals.

Side effects:

Health risks or side effects following the proper administration of designated therapeutic dosages are not reported.

Precautions and warnings:

Not enough information is available.

Use in pregnancy and breastfeeding:

Not enough information is available.

Contraindications:

Not enough information is available.

Interactions:

Not enough information is available.

Pharmaceutical forms available in natural products pharmacy:

Combined: Lesser galangal in combination with other herbs

- Compound honey syrup
- Mumiaee momsek capsule

References:

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