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# GINGER

## QUALITIES AND BENEFITS

quantity. We are aware of it therefore it does not require much description. It is grown under the ground and is a tube, it is used in both wet and dry forms and hence known as ginger and dry ginger respectively.

<b>Family name :</b>	Zingiberaceae
<b>Latin name :</b>	Zingiber officinale Rosc.
<b>Sanskrit :</b>	Ardak, Ardashak
<b>Hindi :</b>	Adarak
<b>Gujarati :</b>	Aadu
<b>Marathi :</b>	Ale
<b>Bengali :</b>	Aada, Soonth
<b>Telugu :</b>	Allam
<b>Persian :</b>	Jajbeel, Ratan,
<b>Kannada :</b>	Soonthi

**Introduction:** Ginger is sown in India in a large

**External appearance:** It grows in fertile and mixed soil and comes in the category of tube; its leaves resemble the bamboo leaves and are one or one and half feet long.

**Chemical composition:** Ginger has 80.9 percent salinity, 2.3 percent protein, 0.9 percent fat, 2.4 percent fiber, 12.3 percent carbohydrate, 1.2 percent minerals, 20 mg calcium, 60 mg phosphorous, 2.6 mg per 100 gm iron besides iodine and chlorine etc. It is also a rich source of Vitamin A, B and C. Dry ginger has 10-9 percent moisture, 15.4 percent protein, 6.2 percent fiber, 5.3 percent starch, 494 types of bhasmas, 6.6 percent evaporable oil. This oil is obtained from the skin of the dry ginger because the ginger skin has

special qualities of oil. This oil is extracted from ginger also, therefore it is known as ginger oil or dry ginger oil. But it is not bitter. It contains gingi berin and gingibaral and other elements.

The bitter evaporable oil is not present in dry ginger. When dry ginger is kept in alcohol or perfume it turns into thick brown colour, which is known as gingerine in market. This fluid contains all the bitterness, which is around 6.5 percent. Besides, the oily resin contains 6 to 28 percent fragrant oil and 30 percent normal product. Gingerol, shogaol and gingerine are the main amongst the bitter elements.

**Qualities:** It is hot in nature and therefore cures kapha and vata, cold, reduces swelling and pain. It stimulates the nerves and overcomes vata. It is satisfying, tasty, increases digestive fire, helps in digestion, reduces vata, pain and heals hemorrhoids.

It stimulates the heart and circulatory system, as it is hot in nature. It purifies blood and reduces swelling. Ginger is bitter and oily and therefore helpful in overcoming breathing problems and phlegm related complaints. It is sweet, dry and hot in nature. Ginger also brings down the temperature and controls cold. It is the best digestive medicine. It removes undigested food and thereby different disorders related to digestion. It also removes the blockages of different types as it is hot in nature.

#### **Benefits**

**Headache:** Mix one-fourth part of dry ginger quath in milk and take nasya to overcome headache and all other problems related to it.

**Breathing problem:** Mix honey in two spoons ginger juice and take to control respiratory problems, cough and breathing problem.

**Catarrh:** Heat two spoons of ginger juice and mix honey. Take it to control cold and catarrh. It controls cold attacks.

**Asthma:** Take mixture of Pippali and rock salt powder with ginger juice at bedtime to relieve asthma within seven days.

**Faints:** Take nasya with ginger juice to overcome this problem.

**Toothache:** Press ginger pieces in between the

teeth in order to overcome toothache caused due to cold.

**Ear pain:** Heat the ginger juice and pour two to five drops of lukewarm juice in the ears to overcome ear pain.

**Pneumonia:** Add one or two year old clarified butter or camphor in ginger juice and massage the chest.

**Indigestion:** Quath prepared from dry ginger, linseed, nagar motha is beneficial in curing indigestion. Drink this quath with dry ginger powder and hot water for indigestion. (Dosage: 500 mg to two gm).

**Chronic disorder of bowel movement:** Prepare quath with equal quantities of dry ginger, nagar motha, linseed, Giloy and drink twice daily to clear the stomach. (20 to 25 ml)

**Stomach problem:** Take quath made with Giloy, linseed, dry ginger, nagar motha to cure stomach related problems. (Dosage: 20 to 25 ml twice daily)

**Digestive fire:** Take 250 ml Jokhar or two gram dry ginger powder with clarified butter or only dry ginger powder with hot water once daily to increase appetite.

Take chutney made with salt and ginger daily to clear the tongue and throat. It increases digestive fire and strengthens the heart.

Eat ginger pickle to increase appetite.

**Indigestion:** In case of indigestion problem every morning then take dry ginger and rock salt with water and take light meals in the afternoon and night.

**Loss of appetite:** Mixture of dry ginger and Pittapapda increases digestive fire and satisfies hunger and thirst. Take five to ten grams daily.

Dry ginger, chirayata, nagar motha, guruch bring down the temperature, increase digestive fire and satisfy thirst and hunger.

**Stomach diseases:** Prepare an extract with equal quantities of dry ginger, haritiki, baheda, and myrobalan. Mix two and half kilos of clarified butter made with cow milk and sesame oil, two and half kilos of curd water, and cook to extract pure clarified butter, sieve and store it. Take 10-20 gm of this clarified butter twice daily to cure stomach diseases and also diseases related to kapha, vata.

**Low digestive fire:** Mix equal quantities of

Ajowan, rock salt, Harad, dry ginger. Take 250 to 500 mg of this powder to reduce pain and increase digestive fire.

Take 10-20 gm ginger juice and add equal quantity of lemon juice. Drink it to increase digestive fire.

**Vomiting:** Mix ten gram onion juice in ten gm ginger juice and drink for relief.

**Urinary problem:** Mix two spoons juice with sugar candy and take it twice daily for relief.

**Pain due to piles:** Use of any one of these combinations: round gourd or Duralabha, wood apple pulp and round gourd, Ajowan and round gourd or dry ginger and round gourd in order to relieve the pain from hemorrhoids.

**Painful discharge of urine:** Take two gram each of dry ginger, root of kateli, bala and gokharu, boil in 250 gm milk and ten gram jaggery. Drink it twice daily to overcome painful urination and constipation, fever and swelling.

**Hydrosils:** Add two spoons honey in 10-20 gm ginger juice and drink to overcome hydrosils.

**Jaundice:** Mix ginger, Triphala and jaggery to cure jaundice.

**Dysentery:** Prepare quath with dry ginger, poppy seeds, vilgiri motha, coriander, mocharas and netrabala. Take it reduce fever, pitta, kapha and dysentery.

Prepare quath with ten gram coriander, ten-gram dry ginger and take twice daily. This relieves pain, dysentery and fever caused due to vata and kapha.

Drink rice malt with equal quantities of dry ginger and Indrajao, and after some time take yavagu prepared with pomegranate juice, whey and changeri.

**Vatarakta:** Prepare quath with Ashumati in 640 gm milk and add 80 gm sugar candy. In the same manner prepare quath with Pippali and dry ginger and give 20 ml to the patient twice daily for relief.

**Pain due to vata:** Mix asafetida and salt in dry ginger and castor roots and drink to cure vata related pain.

**Swelling:** Take equal quantities of dry ginger powder, Pippali, jamalgota root, chitrak root, vaividing and double the quantity of haritiki powder. Take three to six grams with hot water twice daily.

Take equal quantities of dry ginger, Pippali, betel leaf, gaja Pippali, small Kateri, chitrak roots, pipplamool, turmeric, cumin seeds, motha and sieve with cloth. Take two gram of this powder with lukewarm water thrice daily to overcome tridoshas and chronic swelling.

Mix jaggery in 10-20 gm ginger juice to overcome all types of swelling. (Drink only goat milk)

**Pain:** Take powder of rock salt, asafetida, and dry ginger with dry ginger quath to overcome kapha, vata, backache, hip pain, cirrhosis and other such diseases. Take its powder with barley quath in case of constipation.

**Joint pain:** Mix 500 gm sesame oil in one kilo ginger juice and heat it till the oil only remains. Remove from flame and sieve it. Massage the body with this oil to relieve joint pain.

**Fever:** Take equal quantities of dry ginger, pittapapda, nagar motha, poppy seeds, red sandal, fragrant oil and drink in small quantities to quench thirst. It should be given to the patient who feels thirsty all the time.

**Leprosy:** Take equal quantities of dry ginger, madder leaves, Adoosa leaves, nishotha, big cardamom, mix two parts of this powder in cow urine and salt of forest flame tree. Apply the lep on the body and sit under the sun till it gets dry, it cures leprosy and heals the wounds also.

**Fever:** Drink quath made with dry ginger and Dhamasa to reduce all types of fever.

**Thirst and fever:** Drink quath made with dry ginger, gandhabala, pittapapda, poppy seeds, motha, red sandal to quench thirst and control vomiting, fever caused due to pitta.

**Cholera:** Grind ten gram ginger and same quantity of swallowwort root so that the tablets can be made easily. Make tablets of black pepper seed size and take with lukewarm water to cure cholera. Take equal quantities of ginger juice and basil juice and add a little bit of honey or peacock feather bhasma to cure cholera.

**Influenza:** Mix six gram each of ginger juice and honey and take three to four times daily.

**Fever caused due to arthritis:** Mix Trikut, rock salt and ginger juice and drink twice daily.

**Cold body:** Sometimes the body becomes cold due to joint pain, in that case mix garlic juice in ginger juice and massage the painful are for relief.