



Medicinal and Culinary uses of Dry Ginger-Sonth

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India is enriched with a rich wealth of Medicinal Plants. Rhizome of the ginger plant (*Zingiber officinale* Rosc.) is an important medicinal plant. It is cultivated almost throughout India. It is an erect perennial herb with aromatic rhizome. It is used in tea and also mixed with vegetables to eat. It naturally occurs in many countries like India, Mexico, West Indies, South East Asia, China and other countries of the world. Dry ginger, also known as dried ginger or ground ginger, is a popular spice derived from the rhizome of the ginger plant. It is also known as saunth or sunthi and also called vishvabhejhaj (universal medicine) and mahaushadh (a great medicine) due its many uses. It has a stronger flavor and aroma than fresh ginger, and it is longer shelf-stable. Dry ginger is often used in Indian cuisine, as well as in traditional medicine. It is a natural pain killer and is used in Ayurveda to relieve all types of pain including abdominal pain, joint pain, headaches and menstrual pain as it balances vata dosha in body. Sunthi has been used in India as Ayurveda medicine as well as home remedies since ancient time and Amaldehyde, Shogaol, Paradol, Gingerol are the different chemical components that can be extracted from Ginger. Research shows that Sunthi has Anti-Inflammatory, Antimicrobial, Antioxidant, anticancer properties and also useful in gastrointestinal, cardiovascular and sexual disorders.

Kaiyadeva described the medicinal properties of the terminal buds of the rhizomes separately. It is mainly indicated in Amavata.

Botanical Name : *Zingiber officinale* Rosc.

Family : Scitaminae.

Hindi Name : Sonth.

English Name : Ginger.

Sanskrit Name : Sunthi, Nagar, Mahaushadh, Vishvabhesaj.

Therapeutic Uses :

- **Jaladosa :** Ardraka and Yavaksara are taken together with lukewarm water.
- **Pratisyaya :** Ardraka is given with milk.
- **Kaphaja Arsas :** Ardraka and Kulutha are used.
- **Murcha :** Ardraka svarasa is used as Nasya.

Part Used : Rhizome (root).

How fresh ginger and sonth different ?

- Fresh ginger is dry and hot in nature, it should not be used for a long time. On the other hand, dry ginger is hotter (oily) in nature it can be used for long time.
- Fresh ginger is useful in constipation while dry ginger is absorbent and useful in Irritable bowel syndrome, diarrhea but excess of fresh ginger causes dryness and throat irritation.
- Dry ginger acts deep on tissue level.

Uses of dry ginger powder

- For improved digestion, in bloating, colic pain, acidity - add it in vegetables, in buttermilk or have it with amla powder.
- For relief in swelling, joint pain, stiffness, rheumatoid arthritis - consume it, massage with til oil + shunthi.
- Good for your heart.
- Good for liver.
- Helpful in anemia, jaundice - have shunthi with jaggery.
- Reliefs pain during periods- take it with ajwain and jaggery.
- Piles- shunthi with jaggery
- Toothache - apply paste of shunthi.
- For Obesity control - boil Jeera, shunthi in one glass of water till it remains 1/4, consume in morning
- Useful in respiratory disorders.
- For relief from Headaches -apply ginger paste on forehead.

Culinary Uses

Dried ginger or ground ginger, is a versatile spice with various culinary and medicinal uses. Some common uses of dry ginger:

Flavoring Agent: it is used as a spice to add flavor and aroma to a wide range of dishes, including soups, stews, curries, and marinades.

Baking: It is a valuable key ingredient in baking like gingerbread cookies, ginger snaps, and ginger cakes.

Spice Blends: it is a component of many spice blends, such as curry powder, garam masala, and pumpkin spice mix.

Tea: Sonth can be steeped in hot water for making ginger tea, which is a soothing and popular beverage known for its potential health benefits.

Pickles and Chutneys: used in the preparation of pickles and chutneys to enhance their flavor.

Medicinal Uses of dry ginger and fresh rhizome

Digestive Aid: used to relieve digestive issues like indigestion, bloating, and nausea. It can also be consumed to promote healthy digestion.

Anti-Inflammatory: anti-inflammatory properties and is used to reduce inflammation in the body, which can help alleviate various ailments.

Cold and Flu Relief: it is often used in home remedies to soothe symptoms of the common cold and flu. It can help alleviate congestion and sore throat.

Menstrual Pain: dry ginger is also used to alleviate menstrual pain and discomfort.

Motion Sickness: can be used to reduce motion sickness and nausea during travel.

Arthritis and Joint Pain: it may help alleviate pain and inflammation associated with conditions like osteoarthritis.

Household Herbal Preparations

Dry ginger is a familiar ingredient in traditional herbal medicines and Ayurvedic remedies and finds its use in various herbal formulations and decoctions for its therapeutic properties.

Flavor Enhancer: it can enhance the flavor of beverages like hot chocolate, smoothies, and cocktails. It is used as a seasoning for some fruits, like apples and pears.

Cosmetic and Toiletry Products: used in the production of perfumes, soaps, and cosmetics due to its pleasant aroma.

Assortment and Aromatherapy: The aromatic qualities of dry ginger make it appropriate for use in potpourri and aromatherapy.

Preservative: In some cuisines, sonth powder used as natural preservative for certain dishes.

Home Remedies: dry ginger is used in home remedies for a variety of health concerns, including sore throat, cough, and digestive discomfort.

1) Ginger Tea:

- Ayurvedic ginger tea is a well-liked remedy for digestive issues and colds.
- Add a small piece of dry ginger (about half a teaspoon of powdered ginger) to boiling water along with tea leaves or herbal tea bags.
- Add honey and a squeeze of lemon for added flavor and benefits.

2) Ginger and Rock Salt:

- Simple remedy can be used for digestive issues.
- Ginger powder with a pinch of rock salt can be consumed with warm water after meals to aid digestion.

3) Ginger Oil:

- Ginger-infused oil can be massaged for relieve muscle and joint pain.
- Warm the ginger oil and massage it into the affected area to promote blood circulation and reduce pain.

4) Ginger Inhalation:

- Inhaling steam from dry ginger infused hot water help to clear congestion and relieve respiratory discomfort.
- Adding dry ginger powder to a bowl of hot water and inhale the steam.

5) Ginger and Jaggery:

- To lighten menstrual pain, dry ginger can be mixed with jaggery.
- Paste of powdered dry ginger and jiggery can be consumed during the menstrual period.

6) Ginger Decoction:

- This decoction is used to alleviate congestion, colds, and fever.
- Boil a small piece of dry ginger in water until the liquid reduces to about half its original volume. Strain and drink it warm.

7) Ginger and Honey Paste:

- This remedy can be used for to boost immunity and respiratory issues.
- Make thick paste using powdered dry ginger and honey. Consume a small amount daily to relieve cough and cold symptoms.

8) Ginger Water:

- Used for reducing joint pain and inflammation, by soaking dry ginger in water overnight and drinking the infused water the next morning.

9) Ginger and Turmeric Paste:

- A combination of dry ginger and turmeric is a anti-inflammatory paste to relieve joint pain and swelling.
- Equal parts of dry ginger powder and turmeric powder are mixed with water to create a paste and applied it to the affected area and washed off after some time.

Therefore dry ginger derived from the rhizome of the ginger plant and ground into a fine powder, is a versatile spice having an array of culinary and medicinal applications. Its unique flavor, aroma, and potential health benefits make it a popular ingredient in various cuisines and traditional healing practices.

Contraindication: It should be avoided in Raktpitta (bleeding disorder), Mutrakrichh (dysuria) Pandu Roga (Anemia), Jwar (fever), Vrana (Ulcer), and allergy from ginger. There should be caution while taking. It should not be taken during during pregnancy and abnormal bleeding.

Drug Interaction: it should not be taken with other anti-inflammatory drug because it can have reaction. There should be avoiding while taking Ibuprofen, heparin and other medicines which have the bleeding tendency.