

## TRADITIONAL MEDICINAL USES AND CLASSICAL REVIEW OF SUNTHI AND ARDRAKA (ZINGIBER OFFICINALE ROSCOE)

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### ABSTRACT

*Śunthī* commonly known as dry ginger and *Ārdraka* known as ginger, is a spice consumed worldwide for medicinal and dietary purposes. It has number of chemically active compounds responsible for its medicinal properties such as *Arucii* (anorexia), *Biwandha* (constipation), *Atisāra* (diarrhea) and *Śoṭha* (Inflammation). The dry and wet rhizome of the plant has been used in the treatment of various disorders like cold, asthma, and bronchitis. Ginger is cultivated everywhere in India. The rhizome that grows inside the ground is called ginger in wet state and dry ginger in dry state. It has been also used in most of the medicines like powder, decoction, tablet, linctus, etc.

**Keywords:** *Āyurveda*, *Medicinal herbs*, *Śunthī*, *Ārdraka*, *Ginger*

### INTRODUCTION

*Āyurveda* is eternal<sup>1</sup> and its tradition is everlasting. It continues to flow from ancient times. The history of ayurvedic literature being associated with *Brahmā* and other Gods is very ancient, dignified and enormous<sup>2</sup>. Lord *Dhanvantri* described that *Āyurveda* is the science of life. It is mirror of life<sup>3</sup> (beneficial, non-beneficial, happy and unhappy factors of life). The main purpose of *Āyurveda* is to protect the health of a healthy person and to mitigate the disorders of a patient. The recognition of *Caraka*, *Suśruta* and other *Samhitā*, in their own way, still continues from the ancient times. The principles of health protection described in *Āyurveda*, tools for disease free life, good conduct and noble behavior and other issues described lucidly are important in all their perspectives. *Śunthī* or *Ārdraka* is a drug widely

used to treat many disorders. It also described in various *nighaṇṭu*. It is cultivated everywhere in India. The rhizome that grows inside the ground is called *Ārdraka* in wet state and *Śunthī* in dry state. It is mentioned at many places in ancient treatise. In *Bhāvaprakāśa-nighaṇṭu*, it is mentioned that intake of ginger (*Ārdraka*) with rock salt before food is always wholesome, it alleviates anorexia. It depurates tongue and throat and increase an appetite. It is said that '*Bhojanāgre sadā pathyama lavaṇārdraka bhakṣaṇama*'. Its plant is 90-120cm long and rhizomatic. Every year new branches grows from its rhizomes. Its rhizome is white or yellow in color, divided from many parts and is aromatic.

**Materials and Methods:**

Extensive literary research is conducted using different available literature on the drug, such as classical text of *Āyurveda* and other compendium was done. Data was also collected from various books on the field of magazines, journals, periodicals and papers published in the e-journal etc.

**Study area:**

Considering the availability of the plant, the study was conducted in different areas of Uttarakhand specially Haridwar and Dehradune.

**Identification:**

The plant material was identified with the help of standard local floras. Preliminary identification was done by examining fresh plant procured by the local villagers. The corresponding raw materials were collected and the morphological characters were compared with the fresh plants and vernacular names.

**Geographical distribution<sup>4,5</sup>:**

It is widely cultivated as a commercial crop in South and Southeast Asia, tropical Africa, Latin America, Jamaica and Australia. Possibly it is native to India and cultivated in Kerala, Gujarat, Bengal, Odisha, Karnataka, Madhya Pradesh, Uttarakhand and Himachal Pradesh.

**Taxonomic features<sup>4,5</sup>:**

A slender, perennial, rhizomatous, underground herb. Root stock biennial, bearing many sessile tubers. **Rhizome** white to yellowish brown in colour, irregularly branched, somewhat annulated and laterally flattened. The growing tips are covered over by few scales. The surface of the rhizome is smooth and if broken a few fibrous elements of the vascular bundles project out from the cut ends, sweet, pungent. **Stem** 90-120 cm in height, every year new branches develop from the rhizome. Shoot leafy, 75-100 cm high and smooth. **Leaves** simple, linear, lanceolate, sessile, glabrous, 15-35 cm long and 2-3 cm in width, tapering gradually to the point.

**Flowers** greenish with a small dark purple or purplish black lip, in radical spikes, oblong, cylindrical, 5-7.5 cm long and 2.5 cm in diameter. Peduncles 15-30 cm long. Bracts greenish, suborbicular, cuspidate, 2-5 cm long, 2 cm wide. Bracteoles equaling bracts. **Calyx** 1 cm long. **Corolla** segments yellowish green, lanceolate, subequal, 2.5 cm long. Central lobe of labellum with purple stripe and cream blotches, oblong-ovate, shorter than corolla lobes. Lateral lobes ovate, ca. 6 mm, free nearly to base. **Stamens** dark purple, as long as the lip, rather shorter than the corolla. Anthers 9 mm long. Connective appendage curved. **Fruits** purple or violet in colour, oblong capsules. Flowering September-January.

**Vernacular Name:**

**Common English Name:** Dry ginger (*Śunthī*), Ginger (*Ārdraka*)

**Sanskrit Name<sup>6-30</sup>:** *Ārdram, Auśadham, Ārdrakam, Ārdrikā, Ābhamūlakāḥ, Uṣaṇam, Kaṭuḥ, Kaṭukandakam, Kaṭuśreṣṭham, Kaṭubhadram, Kaṭubhaṅgam, Kaṭūtkaṭam, Kolam, Granthilah, Citrakam, Nāgaram, Nāgarakam, Bheṣajam, Mahauśadham, Mahauśadhiḥ, Rāhucchatram, Viśvabheṣajam, Viśvam, Viśvabheṣajam, Viśvā, Viśvamauśadham, Viśvauśadham, Vṛttatṛṇaḥ, Śunthah, Śunthī, Śṛṅgāram, Śṛṅgaverah, Śṛṅgaverikā, Śṛṅgaveram, Śṛṅgaveram, Sādrakah, Śunthī, Viśvā, Viśvabheṣajam, Mahauśadham, Śuṣkārdrā, Bheṣajam, Śṛṅgaveram, Viśvam, Kaphārināgaram.*

**Hindi**-Ārdraka, Aadi, Śunthī, Sontha; **Arabic**-Zanjabeel yabis, Zingibil, Zanjabil; **Bengali**- Shunthi, Shunthi; **English**- Green ginger, Canton ginger, Ginger; **Gujarati**- Shunthay, Adu, Sunth; **Kannada**-Alla, Shunthi, Shonthi; **Malayalam**- Inchi, Chukk; **Marathi**- Sunth, Aale; **Nepali**- Aduvaa, Sutho, Aduva, Agnirnanth; **Oriya**- Oda, Sau-bthing; **Persian**- Zanjbil, Zanjabilekhushk; **Punjabi**- Adrak, Sund; **Tamil**- Inji, Shunku; **Telugu**- Shonthi, Sonthi, Allamu; **Urdu**- Ārdraka, Sonth.

**Table 1: Taxonomic Position<sup>31</sup>:**

<b>Kingdom:</b>	Plantae
<b>Clade:</b>	Angiosperms
<b>Clade:</b>	Monocots
<b>Clade:</b>	Commelinids
<b>Order:</b>	Zingiberales
<b>Family:</b>	Zingiberaceae
<b>Genus:</b>	<i>Zingiber</i>
<b>Species:</b>	<i>officinale</i>
<b>Botanical Name:</b>	<i>Zingiber officinale</i>
<b>Author name</b>	<u>Roscoe</u>
<b>Synonyms:</b>	
<i>Amomum angustifolium</i> Salisb. <i>Amomum zingiber</i> L.;	
<i>Amomum zinziba</i> Hill	
<i>Curcuma longifolia</i> Wall	
<i>Zingiber aromaticum</i> Noronha	
<i>Zingiber cholmondeleyi</i> (F.M.Bailey) K.Schum.	
<i>Zingiber majus</i> Rumph.	
<i>Zingiber missionis</i> Wall.	
<i>Zingiber missionis</i> Wall	
<i>Zingiber officinale</i> var. <i>cholmondeleyi</i> F.M.Bailey <i>Zingiber officinale</i> f. <i>macrorrhizonum</i> (Makino) M.Hiroe	
<i>Zingiber officinale</i> var. <i>macrorrhizonum</i> Makino	
<i>Zingiber officinale</i> f. <i>rubens</i> (Makino) M.Hiroe	
<i>Zingiber officinale</i> var. <i>rubens</i> Makino	
<i>Zingiber officinale</i> var. <i>rubrum</i> Theilade	
<i>Zingiber officinale</i> var. <i>sichuanense</i> (Z.Y.Zhu, S.L.Zhang & S.X.Chen) Z.Y.Zhu, S.L.Zhang & S.X.Chen	
<i>Zingiber sichuanense</i> Z.Y.Zhu, S.L.Zhang & S.X.Chen	
<i>Zingiber zingiber</i> (L.) H.Karst.	

**Ayurvedic Properties** <sup>6,7,,8,9,10,11,12,13,,14,32</sup>:

Dry ginger alleviates *Kaphavāta* due to its hot potency; antiphlogistic, stimulant, analgesic, nerve stimulant, satiety causing, stomachic, digestive, carminative, and antihemorrhoidal. It stimulates blood and cardio vascular system due to hot potency. Ginger alleviates *Kapha* and asthma due to its pungent and unctuous attribute. It is aphrodisiac due to sweet in post digestive effect. It purifies the body channels due to its penetrating attribute. Its intake along with salt mainly alleviates *Vāta* and *āma* disorders and taken along with lemon juice purifies the mouth and useful in treating dysuria, anemia, *Raktapitta*, ulcer, calculi, fever, burning sensation and alleviates *Pitta* disorders. Ginger taken along with sour gruel and rock salt acts as a digestive, stomachic; alleviates constipation, rheumatism and *Kaphavāta*. Ginger taken before food purifies the throat and tongue.

**Classical Medicinal uses<sup>32</sup>:**

**Cephalgia-** Errhine of 50ml milk mixed with 5gm dry ginger paste after filtration alleviates cephalgia.

**Dentalgia-** Its piece kept between the teeth alleviates dentalgia.

**Asthma-** Intake of ginger juice in the dose of 5ml mixed with honey alleviates asthma and cough.

**Dyspepsia-** Dry ginger powder taken along with equal quantity of jaggery before the food is useful in treating hemorrhoids and constipation.

**As an appetizer-** 1gm *Yavakṣāra* mixed with equal quantity of dry ginger powder mixed with double quantity of *ghee* or 2gm dry ginger powder taken along with lukewarm water regularly in the morning enhances appetite. Intake of *Chebulic myrobalan* (Haritaki) and dry ginger powder in equal quantity (2-3gm) is useful if there is doubt of occurrence of indigestion in person whose body is unctuous and

firm.

**To enhance digestive vigor-** Intake of dry ginger decoction in the dose of 10-30ml mixed with honey enhances digestive vigor. Decoction prepared from equal quantity of coriander and dry ginger taken in the dose of 10-30ml enhances digestive vigor and hence useful in treating dyspepsia due to *āma*. 1-2gm dry ginger powder taken along with 5ml lemon juice mixed with 4 times sugar syrup, 1gm *Trikatu* powder enhances digestive vigor hence enhances appetite.

**Hyperacidity-** Intake of decoction prepared from dry ginger and pointed gourd in the dose of 10-30ml is useful in treating hyperacidity, vomiting, pruritus, fever, carbuncle and burning sensation.

**Diarrhea-** Use of *Pippalyādi-pramathyā* (long pepper, dry ginger, coriander, lemon grass (*Bhūtr̥ṇa*), chebulic myrobalan, sweet flag) and *Hrīberādi-pramathyā* (fragrant swamp mallow (*Netrabāla*), umbrella sedge, Indian quince, dry ginger powder) enhances digestion hence alleviates diarrhea.

**Gulma-** *Nāgarādi-yamaka* (250gm *ghee* or oil processed with 150gm dry ginger and 3kg curd water) taken according to the dose is useful in treating abdominal diseases and *gulma*. Or White day glory and dry ginger powder (2-4gm) taken along with cow urine or milk or raisin juice is useful in treating *gulma*. Or 25gm black sesame (without peel) mixed with 100gm jaggery and 50gm dry ginger powder taken along with lukewarm milk in the dose of 2-5gm is useful in treating *Vāta* associated *gulma*, flatulence and vaginal pain.

**Pain-** Powder prepared from dry ginger, sesame and jaggery taken in the dose of 2-4gm taken along with 50-100ml milk for 3-7 days is useful in treating duodenal ulcer and rheumatoid arthritis. Or Decoction prepared from dry ginger and castor root taken in the dose of 25-50ml mixed with 25mg asafoetida and sochal salt alleviates *Vāta* associated pain. Or Decoction prepared from equal quantity of dry ginger, castor root and barley taken in the dose of 25-50ml alleviates pain. Or Intake of decoction prepared from dry ginger and drumstick in the dose of 10-30ml alleviates pain.

***Vāta* associated disorders-** Powder prepared from equal quantity of dry ginger, holarrhena seed and

leadwort in the dose of 2-4gm along with lukewarm water in the morning is highly useful in treating *Vāta* associated disorders.

**Cholera-** Intake of dry ginger and Indian quince or box myrtle, dry ginger and Indian quince decoction in the dose of 10-30ml is useful in treating cholera and vomiting. Or 2-5gm Indian quince paste mixed with 1gm dry ginger powder taken along with jaggery and buttermilk used as wholesome diet is useful in treating sprue.

**For *āma* digestion-** Intake of decoction or paste of dry ginger, umbrella sedge and Indian aconite or only chebulic myrobalan powder or dry ginger powder taken along with hot water enhances digestion of *āma* (in the dose of 500mg-2gm).

**Irritable bowel syndrome-** Intake of decoction prepared from equal quantity of dry ginger, umbrella sedge, Indian aconite and tinospora in morning-evening is useful in treating dyspepsia, *āma* disorders and irritable bowel syndrome (in the dose of 20-25ml).

**Stomachic-** 2gm dry ginger powder taken along with *ghee* or hot water in morning-evening daily enhances appetite. Or Ginger chutney mixed with salt and taken in the starting of food enhances purification of tongue and throat hence enhances digestive vigor and strengthens the heart.

Intake of its pickle enhances appetite.

**Dyspepsia-** Take chebulic myrobalan and dry ginger powder mixed with rock salt along with water in case of dyspepsia in the morning. In afternoon and evening eat little quantity of food.

**Anorexia- *Pāka*** of dry ginger and Indian fumitory taken regularly in the dose of 5-10gm is antipyretic, enhances digestive vigor hence alleviates anorexia and dipsia. Or Dry ginger, chirayta, umbrella sedge and tinospora *Pāka* taken in a dose of 5gm alleviates fever, dipsia and anorexia.

**Abdominal diseases-** Paste prepared from equal quantity of dry ginger, chebulic myrobalan, myrobalan and Indian gooseberry mixed with 2½litre cow *ghee*, 2½litre sesame oil and curd water, cooked properly and stored after filtration. Intake of 10-20gm *ghee* in morning-evening alleviates all abdominal diseases and also used in *Kapha*, *Vāta*, associated

diseases and *gulma*.

**Dyspepsia-** Powder prepared from equal quantity of ajowan seeds, rock salt, chebulic myrobalan, dry ginger powder taken in the dose of 2-4gm alleviates pain and enhances digestive vigor.

**Diarrhea-** Decoction prepared from dry ginger, vetiver, Indian quince fruit pulp, umbrella sedge, coriander, silk cotton tree extract and fragrant swamp mallow (*Netrabāla*) taken in the dose of 10-30ml alleviates diarrhea and fever associated with *Pitta* and *Kapha*. Or Decoction prepared from equal quantity of coriander and dry ginger taken in the dose of 10-30ml in morning-evening is useful in treating fever associated with *Vāta* and *Kapha*, pain and diarrhea. Or Take powder prepared from equal quantity of dry ginger and holarrhena seed along with uncooked rice water then after the digestion of this powder take gruel cooked with Indian sorrel, buttermilk and pomegranate juice.

**Hemorrhoids-** Powder prepared from equal quantity of leadwort root and dry ginger taken in the dose of 1-4gm along with *Sīdhū* (sour preparation) is useful in treating hemorrhoids. Or Decoction of dry ginger and coriander should be used as a vehicle in hemorrhoids to enhance expulsion of *Vāta* and excreta. Or Use of *Catuḥ-samamodaka* (prepared from dry ginger, marking nut tree, elephant creeper and jaggery) alleviates hemorrhoids. Or Intake of tablet prepared from 2-4gm dry ginger powder mixed with double quantity of jaggery alleviates disorders caused due to *āma*. Or Powder prepared from equal quantity of long pepper, dry ginger, chebulic myrobalan and crystal sugar taken in the dose of 2-4gm along with jaggery alleviates hemorrhoids caused due to *Vāta* and *Kapha*.

**Pain caused due to hemorrhoids-** Powder of desert fagonia, velvet leaf and pulp of Indian quince or celery and velvet leaf or dry ginger and velvet leaf. One preparation among them taken in the dose of 2-4gm alleviates pain caused due to hemorrhoids.

**Polyuria-** 2 spoon of dry ginger juice taken with crystal sugar in morning-evening is useful in treating polyuria.

**Dysuria-** 1gm dry ginger, 1gm root of yellow berried nightshade, 1gm country mallow root, 1gm caltrops mixed with 10gm jaggery boiled in 250ml milk taken

in morning-evening alleviates dysuria, fever and edema.

**Gout-** Intake of decoction prepared from long pepper and dry ginger in the dose of 20ml in morning-evening alleviates gout.

**Neuralgia-** Intake of decoction prepared from dry ginger and castor root in the dose of 10-20ml mixed with 125mg asafoetida and 1gm sochal salt alleviates neuralgia.

**Leprosy-** Prepare paste from equal quantity of dry ginger, calotropis leaf, malabar nut leaf, white day glory, cardamom, ivy gourd powder along with alkai of bastard teak and cow urine then apply it and sit in sunlight till it dries. It enhances bursting of *Maṇḍla-kuṣṭha* and heals the wound quickly.

**Raktapitta-** Intake of 5ml ginger juice mixed with jaggery is useful in treating urticaria and *Raktapitta*.

**Edema-** Powder prepared from equal quantity of dry ginger, long pepper, purging croton root, leadwort root and false black pepper mixed with double quantity of chebulic myrobalan powder taken in the dose of 3-6gm along with hot water in morning-evening alleviates edema. Or Powder prepared from equal quantity of dry ginger, long pepper, chavak (*Chavya*) fruit, yellow berried nightshade, leadwort root, long pepper root, turmeric, cumin seed and umbrella sedge; after filtration taken in the dose of 2gm along with lukewarm water thrice a day alleviates *Tridoṣa* associated edema and chronic edema.

**Fever-** Decoction prepared from dry ginger, Indian fumitory, umbrella sedge, vetiver, red sandal, Indian valerian taken in the dose of 10-30ml alleviates burning sensation associated fever and dipsia. Or Intake of dry ginger and desert fagonia decoction is useful in alleviating fever.

**Frigidness of body-** Massage with dry ginger juice mixed with garlic juice maintains the body temperature in frigidness of body.

**Āma associated dyspepsia-** Intake of 2-3gm chebulic myrobalan powder mixed with equal quantity of dry ginger powder along with jaggery or rock salt or dry ginger powder regularly along with jaggery enhances digestive vigor hence alleviates *āma* associated dyspepsia, hemorrhoids and constipation.

**Otalgia-** Instillation of 2-5 ear drops of its lukewarm

juice alleviates otalgia.

**Jaundice-** 3-5gm colocynth and dry ginger powder taken along with equal quantity of jaggery is useful in treating jaundice.

**Āma associated diarrhea-** 3-6gm ginger powder mixed with equal quantity of *ghee*, wrapped in castor leaf and cooked through *putapāka* method mixed with equal quantity of crystal sugar and taken in the morning alleviates pain caused due to *āma* associated diarrhea. Or Intake of water processed with Indian valerian and dry ginger enhances digestion and useful in treating diarrhea. Or 1-2 gm dry ginger paste taken along with lukewarm water is useful in treating *āma* associated diarrhea. Or *Śunṭhī-ghṛta* (dry ginger and *Daśamūla* decoction or *ghee* processed with dry ginger paste) is useful in treating edema, sprue, *āma* diseases, anemia, splenic diseases, cough, fever, etc.

**Hydrocele-** Intake of 10-20ml of dry ginger juice mixed with 2 teaspoon of honey alleviates *Vāta* associated hydrocele.

**Pain-** Intake of decoction of dry ginger in the dose of 10-30ml mixed with 1gm black salt, 125mg asafoetida and 2gm dry ginger powder is useful in treating *Kaphavāta* associated chest pain, pain in ribs, lumbago, ascites, cholera, etc. This decoction is used along with barley powder in constipation.

#### Usage of Ginger (Ārdraka):

**Abdominal disorders-** Intake of fresh ginger juice in the dose of 2ml first day, then increase the dose 2-2ml everyday till 20ml for one month, then decrease 2-2ml and stop. Food is taken along with milk or gruel after the digestion of medicines to treat *gulma*, abdominal diseases, hemorrhoids, edema, *prameha*, asthma, rhinitis, indigestion, tuberculosis, jaundice, neurological disorders, cough and provocation of *Kapha* and other diseases. Or 1/4th ginger paste mixed with 4 times ginger juice, cow milk and cooked properly in 750gm *ghee* taken daily is useful in treating edema, rhinitis, abdominal diseases and dyspepsia. Or 1gm ginger or dry ginger taken along with equal quantity of jaggery, increase the dose 1-1gm daily till 30gm for 1 month then decrease in the same manner and stop. It is useful in treating edema, rhinitis and other *Kapha* and *Vāta* associated diseases. Or Intake of ginger juice mixed with equal quantity

of cow milk or sesame oil processed with 10 times ginger juice and food is contraindicated during this period is highly useful in treating abdominal diseases. Or Intake of 100ml each of lemon, mint and ginger juice mixed with double quantity of unrefined sugar cooked in silver vessel, enhances digestive vigor. Or Ginger taken along with rock salt before the food, enhances purification of tongue and throat and useful in alleviating edema, cardiac diseases, *gulma*, hemorrhoids, constipation and abdominal distension. Or Ginger taken along with honey is useful in treating edema, anorexia, cardiac diseases, *gulma*, abdominal disease, cough, asthma, fever and other diseases and if taken along with jaggery it strengthens eyes, enhances digestive vigor and expulsion of excreta.

**Anorexia caused due to fever-** Gargle with lukewarm juice or ginger juice in the dose of 5ml mixed with 1gm rock salt is useful in treating anorexia caused due to fever.

**Arthralgia-** 1litre of ginger juice cooked with 500ml sesame oil till only oil remains. Filter and massage with this oil to alleviate arthralgia.

**Asthma-** Intake of 5ml ginger juice mixed with 1gm long pepper and 1gm rock salt powder before going to the bed is highly useful in treating asthma.

**Cholera-** Tablet of (65mg) black pepper size prepared from pounded 10gm ginger and 5gm long pepper taken along with lukewarm water is useful in treating cholera.

**Chronic fever-** *Trikāṭu* and ginger juice taken in equal quantity in morning-evening for some days is useful in treating chronic fever. Or Withholding of ginger juice mixed with rock salt and *Trikāṭu* 3-4 times a day enhances expulsion of accumulated dry cough in throat, cardiac region, neck and cephalic region and alleviates chronic fever, fainting, cough, throat and oral diseases, heaviness of eyes, stiffness of body, vomiting, etc.

**Cough-** Intake of 5ml ginger juice mixed with 1/4th part of honey in morning-evening is useful in alleviating asthma, cough, rhinitis and fever.

**Dermatological diseases-** 750gm ginger, 200gm cow *ghee*, 1.5litre cow milk, 750gm sugar and 50gm long pepper, 50gm long pepper root, black pepper, dry ginger, leadwort root, false black pepper, umbrella

sedge, cobra saffron, cinnamon, cardamom, bay leaf and spiked ginger lily cooked properly and taken in the dose 5-10gm regularly in the morning, enhances digestive vigor, strength, potency and nourishes the body and alleviates urticaria, etc. dermatological diseases, tuberculosis, *Raktapitta* and other diseases.

**Diarrhea-** Intake of water processed with Indian valerian and ginger is useful in treating diarrhea. Or Prepare boundary of Indian gooseberry paste or pulse paste around the navel region and fill with ginger juice without shaking the patient according to his/her strength alleviates diarrhea.

**Diseases caused due to water infection-** Paste of ginger and *Yavakṣāra* taken in the dose of 1-2gm along with lukewarm water is useful in treating fever caused due to drinking of water of different regions.

**Dyspepsia-** Intake of ginger mixed with equal quantity of vinegar enhances digestive vigor and alleviates dyspepsia.

**Edema-** Intake of 10-20ml of ginger juice along with jaggery in the morning alleviates edema (goat milk is used as a wholesome diet during this period).

**Fainting-** Regular intake of ginger mixed with equal quantity of jaggery and *Triphalā* (group of three specific medicinal herbs) powder in the morning and *Triphalā* mixed with honey at night followed by wholesome regimen; for 7 days is useful in treating intoxication, fainting, jaundice and insanity. Or Errhine with 1-2 drops of ginger juice alleviates fainting caused due to fever.

**Gulma-** Withholding of suppository prepared from salt, ginger, mustard and black pepper in anal region alleviates obstruction of flatulence and excreta. Hence useful in alleviating *gulma*. Or Intake of milk processed with ginger juice or paste of java pepper and ginger taken along with milk is highly useful in treating *gulma*, etc. abdominal diseases.

**Hemorrhoids-** Intake of equal quantity of jaggery, *ghee* and ginger along with sour gruel alleviates constipation and hence useful in alleviating ano-rectal diseases, hemorrhoids, etc. Or Intake of ginger decoction in the dose of 10-20ml is useful in treating edema and hemorrhoids associated with pain and constipation.

**Jaundice-** Intake of ginger, *Triphalā* (group of three

specific medicinal herbs) mixed with equal quantity of jaggery is useful in treating jaundice.

**Otalgia-** Instillation of 1-2 drops of lukewarm ginger juice or ginger juice mixed with honey and rock salt and cooked in oil or lukewarm juice of these three put into ear after filtration alleviates otalgia. Or Instillation of 1-2 drops of lukewarm juice prepared from equal quantity of wood apple fruit juice, wild lemon juice and ginger juice put into ear after filtration alleviates otalgia. Or Instillation of 1-2 drops of lukewarm mustard oil mixed with ginger, liquorice root and rock salt into ear after filtration is highly useful in treating otalgia.

**Pneumonitis-** Massage of chest with lukewarm 5ml ginger juice mixed with 1 or 2 years old *ghee* and camphor is useful in alleviating pneumonitis.

**Rhinitis-** Intake of 100ml milk mixed with 2gm ginger powder enhances digestion of *doṣa* hence useful in treating rhinitis.

**To enhance digestive vigor-** Intake of 10-20ml ginger juice mixed with equal quantity of lemon juice enhances digestive vigor.

**Urticaria-** Intake of 25ml ginger juice mixed with 10-12gm old jaggery is useful in treating urticaria and dyspepsia.

**Vāta disorders-** Intake of equal quantity of ginger juice, wild lemon juice, *Cukra* and jaggery mixed with *ghee* or oil or oil and *ghee* is mixed with ginger juice or wild lemon juice mixed with *Cukra* and jaggery is useful in alleviating lumbago, thigh pain, flanks pain, *gulma*, sciatica and flatulence. Or *Śrṅgaverdya-ghṛta* taken regularly in the dose of 10-20gm alleviates dyspepsia, pain, constipation, abdominal distension, rheumatoid arthritis, lumbago, sprue, etc.

**Vomiting-** Intake of 10ml ginger juice mixed with 10ml onion juice alleviates vomiting.

**Part Used-** Rhizome.

**Dose-** Powder 1-2gm, tincture 0.3-0.6ml, juice 5-10ml or as directed by the physician.

## CONCLUSION

According to Āyurveda, strong digestive system is fundamental to good health and wellness. *Ārdraka* and *Śuṅṭhī* stimulates digestion and act as *Dīpana* and *Pācana*. *Ārdraka* and *Śuṅṭhī* also act as



*Vedanāsthāpana* and *Rasāyana*. Ginger also enhances cardiovascular health. As a food with a long-history of use throughout the world, its harmful side effects are minimal, especially when compared to many pharmaceuticals. Thus, ginger has proven to be the *Viśwabheṣaja*, not only through time in ancient medical systems, but also through modern-day clinical and experimental research for some of today's most common diseases.

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