Review Article

ZANJABEEL (GINGER): A REVIEW
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ABSTRACT
Ginger is a tuber that is consumed whole as delicacy, medicine, or a spice. Ginger cultivation began in Asia and has since spread to West Africa and the Caribbean. Ginger is cultivated in many parts of India; on a large scale in the warm, moist regions, chiefly in Madras, Cochin and Travancore, and to a somewhat less extent in Bengal and Punjab. Medicinal properties of the ginger mentioned in classical Unani text have been explored in this paper and chemical constituents of the drug have also been cited.

Keywords: Zanjabeel, Ginger, Anti-allergic

INTRODUCTION
Ginger is a tuber that is consumed whole as delicacy, medicine, or a spice. It is the rhizome of the plant Zingiber officinale. It lends its name to its genus and family. Other notable members of this plant family are turmeric, cardamom, and galangal. Ginger cultivation began in Asia and has since spread to West Africa and the Caribbean. It is sometimes called root ginger to distinguish it from other things that share the name ginger.

NOMENCLATURE
Botanical Name: Zingiber officinale Rosc.

Vernaculars: 2, 5, 6, 7, 10-14
The fresh rhizome:
   English: Ginger
   Arabic: Zanjabeel
   Persien: Zangabeel
   Hindi: Adarak
   Sanskrit: Ardrakam

The dry rhizome:
   English: Dry ginger
   Arabic: Zanjabeel Yabis
   Persien: Zangabeel Khushk
   Hindi: Sonth

DESCRIPTION
The plant is a slender, perennial rhizomatous herb; leaves linear, sessile and glabrous; flowers yellowish green in oblong, cylindric spikes, ensheathed in a few scarious, glabrous bracts; fruits oblong capsules. The rhizomes are white to yellowish brown in colour, irregularly branched, somewhat unannulated and laterally flattened. The growing tips are covered over by a few scales. The surface of the rhizomes is smooth and if broken a few fibrous elements of the vascular bundles project out from the cut ends. 2, 8, 9. Stems are leafy and 1.8 m tall. Leaves are 30 cm long and 7.5 cm broad. Flowers are white or yellowish in colour, with pale yellow lip. Fresh rhizomes jointed, 1-2 inches in diameter and compressed. It resembles amba halada in other peculiarities.

DISTRIBUTION
Ginger is cultivated in many parts of India; on a large scale in the warm, moist regions, chiefly in Madras, Cochin and Travancore, and to a somewhat less extent in Bengal and Punjab. It is cultivated throughout India, 2, 5, 10 run wild in some places in the Western Ghats. It is propagated by root cutting.

PARTS USED
Rhizome (raw as well as dry)

TEMPERAMENT
Hot 2, 0 and Dry 13, 15
Hot 39 and Dry 10 (fresh), Hot 39 and Dry 20 (dry) 11, 14

MEDICINAL PROPERTIES
Raw ginger 2, 17
Thermogenic, Carminative, Laxative, Digestive

Dry ginger 2, 5, 7, 8, 10, 16
Aromatic, Thermogenic, Emollient, Appetizer, Laxative, Stomachic, Stimulant, Rubefacient, Anodyne, Aphrodisiac, Expectorant, Antihelminthic, Carminative
Anti-allergenic activity, anti-amoebic, anti-atherosclerotic, antibacterial, anti-crustaceous, anti-diarrheal, anti-emetic, Anti-inflammatory and Anti-oxidant
The following actions have been mentioned in Unani literature:

- Mulayyan (Laxative)- Dry
- Mushil (Purgative)- Raw
- Dafe Qai (Anti-emetic)
- Dafe Sual (Anti-tussive)
- Qatile Kirm Shikam (Vermicidal)
- Kasire Riyah (Carminative)
- Hazim (Digestive)
- Muqawwi-e-Bah (Aphrodisiac)
- Munaffis-e-Balgham (Expectorant)
- Jali (Detergent)
- Muqawwi-e-Hafiza (Brain Tonic)
- Mushil (Purgative)
- Mulayyan (Laxative)

**CHEMICAL CONSTITUENTS**

Indian Ginger contains an aromatic volatile oil 1-5% of light yellow colour having a characteristic odour and containing camphene, phellandrene, zingerine, cineol and borheol; gingirrol a yellow pungent; an oleoresin-'gingerin' the active principal, other resins and starch; K-oxalate. The essential oil and resin, to which ginger owes its pungent flavour, occurred just beneath the skin or epidermis. The pungent principles of Ginger are not volatile in steam to any appreciable extent and are, therefore, not found in the volatile oil. It has, however, been isolated and been named gingirrol, but its true chemical nature has not yet been finally settled. Gingerols I, II and III isolated from rhizomes; aspartic acid, threonine, serine, glycine, cystine, valine, isoleucine, leucine and arginine isolated from aerial parts and tuber. Gingerol an active principle extracted from ginger is soluble in alcohol, ether, and volatile oil and fat, slightly soluble in benzene; it contains all the virtues of the root. The volatile oil constitutes chavicol, citral, and acetates etc.

**DOSAGE**

2 gm, 11-2 gm and 7 gm

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