

# Sunthi

(*Zingiber officinale*)



In Indian cuisine, *Sunthi* is a key ingredient, especially in thicker gravies, as well as in many other dishes, both vegetarian and meat-based. *Sunthi* also has a role in traditional Ayurvedic medicine. It is an ingredient in traditional Indian drinks, both cold and hot, including spiced Masala chai (Tea). Either alone or in combination with other herbs, *Sunthi* has been the herb of choice for thousands of years. As a testimony to its numerous usages, it remains a component of more than 50% of all traditional herbal remedies.<sup>1</sup>

The root of the herb has been used as a medicine for thousands of years and is known to be greatly beneficial in reducing nausea and upset stomachs. The Japanese soothed spinal and joint pain with it. The Chinese found it helpful with tooth aches, symptoms of a cold, flu and hangover. Progressive early-twentieth century U.S. physicians prescribed ginger for painful menstruation.<sup>2</sup>

It is a herbaceous perennial which grows annual stems about a meter tall bearing narrow green leaves and yellow flowers. Ginger is indigenous to south China, and was spread eventually to the Spice Islands, other parts of Asia and subsequently to West Africa and the Caribbean.

## Active Contents:

The characteristic odor and flavor of ginger is caused by a mixture of zingerone, shogaols, and gingerols, volatile oils that compose one to three percent of the weight of fresh ginger. Ginger contains up to 3% of a fragrant essential oil whose main constituents are sesquiterpenoids, with (-)-zingiberene as the main component. Smaller amounts of other sesquiterpenoids ( $\beta$ -sesquiphellandrene, bisabolene, and farnesene) and a small monoterpenoid fraction ( $\beta$ -phelladrene, cineol, and citral) have also been identified. The pungent taste of ginger is due to nonvolatile phenylpropanoid-derived compounds, particularly gingerols and shogaols, which form from gingerols when ginger is dried or cooked.

## Herb actions:

**Anti-inflammatory:** *Sunthi* is anti-inflammatory, which makes it a valuable tool for pain relief by reducing knee pain in people with arthritis and osteoarthritis.<sup>3</sup> *Sunthi* has even been found to be as effective as ibuprofen in relieving pain from menstrual cramps in women.<sup>4</sup>

**Anti-Diabetic:** *Sunthi* cause reduction in blood glucose, triglyceride, total cholesterol, and LDL cholesterol.<sup>5</sup>

**Nausea, Motion Sickness, and Morning Sickness:** *Sunthi* may help reduce vomiting and other symptoms of nausea, motion sickness.<sup>6</sup> *Sunthi* has been shown to work better than a placebo in relieving morning sickness.<sup>7</sup>

**Indigestion:** *Sunthi* helps to struggle with indigestion<sup>8</sup> and has an antispasmodic action. It helps digest fatty foods and break down proteins. It is also effective in reducing abdominal gaseous distension. Additionally, ginger inhibits *H. pylori* & help to prevent ulcers.<sup>9</sup>

**Indications:** Indigestion, Inflammation, Diabetes, Arthritis.

**Contraindication:** None

**Dose:** 1 Capsule two to three times a day or as advised by the Physician.

**Composition:** Each capsule contains 250 mg standardized extract of *Sunthi (Zingiber officinale)*.

## References:

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