

Sri Satya Sai Murlidhar Ayurvedic College & Hospital
Moga (Punjab) -142001

SHUNTHI

Botanical Name: *Zingiber officinale* Rosc.

Family: Zingiberaceae

Introduction: Mainly dried ginger using in Ayurveda formulation..So it used as the prashepadravayas for many drugs.

Names in different Indian languages:

English : Ginger

Kannada : Hasisunti, Ardraka

Sanskrit : Ardrakam

Telugu : Allamu, ardrakamu

English : Dry Ginger

Kannada: sunti

Sanskrit : Sunthi, Visvabhesajam

Telugu : Sunti

Hindi : Adarak

Malayalam : Inci, Erukkilannu

Tamil : Inji, Allam, Lokottai

Unani : Zanjabeel- Ratab, Al-Zanjabeel

Hindi : Soth

Malayalam: Chukku

Tamil : Chukku, Sunthi

Unani : zanjabeel, Zanjabeel-eyaabis.

Synonyms :

Fresh rhizome—

Aardraka, Aadrikaa, Shrngibera, shrngavera, Katubhadra.

Dried rhizome—

Shunthi, Naagara, Naagaraa, Naagaraka, Aushadha, Mahaushadha, Vishvaa, Vishvabhesaja, Vishvaushadha

Amomum zingiber L.

Classification according to Charaka, Susrutha & Vagbhata :

Charaka : Triptighna, Arsoghna, Dipaniya, sulaprasamana, Trisnānigrahana

Susrutha : Pippalyādi, Trikatu

Vagbhata : Pippalyādi, Trikatu

Varieties & adulterants – (CV – controversy, AD – adulterants) :

1. Dry Ginger – Nagara, Visvabhesaja

2. Fresh Ginger – Ardraka, Srngavera.

Morphology:

An erect perennial herb with aromatic rhizome.

Stem— erect, leafy, 15-150 cm tall.

Leaves— sessile, linear-lanceolate or lanceolate, acuminate, glabrous, 10-30 cm long.

Flowers— shoot upto 15 cm long, clothed with sheaths; bracts -2-5 cm x 2 cm, light green; corolla tube light yellow, lip orbicular, dull purple with creamy blotches.

Flowering and fruiting during July-September



Habitat & Distribution :

All over India, Srilanka, Nepal

Chemical composition :

geranial and neral; and sesquiterpenes, beta-sesquiphellandrene, betabisabolene,

ar-curcumene and alphazingiberene, gingerols, shogaols, curcumene, beta-boürbornene, d-borneal, citral, d-camphene, citronellol, geraniol, gingerol, a- & beta- Zingiberenes, zingiberol, zingerone, gingerols, paradol, gingerenone A, ginger glycolipids A, B, & C; gingerdiol; gingerone B & C

Properties :

Rasa : Katu

Guna : Guru Ruksa, Tikсна

Virya : Usna

Vipāka : Madhura

Karma : Vāta-kaphahara, Dipana, Bhedana, pachana, vrisya, balya, rochana, sophahara, jwaraghna

antiemetic, antifatulent, hypocholesterolaemic, anti-inflammatory, antispasmodic, expectorant, laxative, circulatory stimulant, diaphoretic, anti-inflammatory, antipyretic, analgesic, hypotensive and hepatoprotective.

Gingerol and shogaol have been shown to suppress gastric contractions. Both fresh and dried rhizomes suppress gastric secretion and reduce vomiting

Indications :

Sula, Amavāta, Adhmāna, Atisāra, slipada, Kāsa, svāsa, Hrdroga, sophā, Arsas, Hikkā, Vibandha, Raktapitta, Pāndu, Vrana, Jvara. Kustha, Agnimāndya

Irritable bowel, diarrhoea, fever, cough, asthma, flatulence, colic, colds, influenza, migraine, nausea, vomiting

Part used :

Rhizome (raw and dry)

Dosage :

Powder 2-4 g

Decoction 50-100 ml

Important Yoga's or Formulations :

Ardrakarasayana, ArdrakaKhaāvālehya, NagaradiKasaya, Ardrakaghṛta, Ardraka Khandā, SoubhayaSuṅti, Samasarkarāchurna

Therapeutic Uses :

- (1) **Pratisyaya**— Ardraka is given with milk (S.S.Ut. 24).
- (2) **KaphajaArsas**— Ardraka and Kulastha are used (S.S.Ci.6)
- (3) **Murcha**— Ardrakasvarasa is used as Nasya (B.P.).