



## MEDICINAL PROPERTIES OF GINGER (ZINGIBER OFFICINALE)

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*Ostonova Gulnoza Rashidovna*

*Osiyo xalqaro universiteti o`qituvchisi*

*Email: [ostonovagulnozarashidovna@oxu.uz](mailto:ostonovagulnozarashidovna@oxu.uz)*

**Abstract:** This article is about the appearance and medicinal properties of the medicinal ginger plant. The root of the ginger plant is widely used in medicine.

**Key words:** Ginger (*Zingiber officinale*) tea, tincture, vitamin, diabetes, arthritis, arthrosis, osteoarthritis.

Humanity has been interested in medicinal plants and their treatment of diseases since the beginning of using nature's blessings. Regarding the use of medicinal plants for medical purposes, Abu Ali ibn Sina's work "Al-Qanun" contains information about the medicinal properties of about 476 plants and the methods of their use.

GINGER (*Zingiber officinale*) is a perennial herb with a thick root and stem, belonging to the monocotyledonous class, ginger family. Mainly distributed in the tropics and subtropics. India and Southeast Asia are the homeland of ginger, from where the flower spreads around the world.

All parts of the ginger underground body contain essential oil. The dried root is aromatic and tasty, rich in essential oil. The aroma of unground ginger lasts longer than that of ground ginger. Sifted flour is used in medicine to treat liver, heart, and stomach diseases (it is drunk in a teapot with honey). In the food industry, in the production of confectionery products and in cooking, it is added as a spice to some foods (before cooking).

### **Appearance.**

### **Ginger blooms in spring and summer.**

The most common colors are: brown; orange, yellow; red colors. Leaves begin to grow under the root. They are narrow and reach 20 centimeters in length, and the plant itself can grow up to two meters. Root The root of the plant is almost on the surface, in the upper layer of the soil. The root has a sharp taste.

**Properties:** It has anti-inflammatory, antispasmodic, analgesic, absorbable, carminative, diaphoretic, healing and tonic effects. Ginger is also a powerful antioxidant, and the spicy and aromatic aroma of ginger root is due to its essential oil, which is mainly concentrated in the rhizome. Also, ginger contains vitamins C, B1, B2, A, micro and macro elements (sodium, potassium, iron, magnesium salts,



phosphorus, calcium) and important amino acids: valine, leucine, methionine, threonine, tryptophan and phenylalanine.

**Medicinal properties:** Ginger is a healthy spice. It is used to combat nausea, relieve pain, control cholesterol and blood glucose levels, and help with weight loss.

It is often added to food in a dried state. It is added when the dough is ready or ready. When stewing meat, mix it 20 minutes before the dish is ready. Juice is added to jelly 2-5 minutes before, and to sauces after removing from heat. It is enough to add a pinch of ginger to one kilogram of dough or one kilogram of meat.

Ginger root is sold in pharmacies in purified and semi-purified form. It is a good remedy for inflammation of the mouth and throat. Tincture and powder are a cure for seasickness and stomach ulcers. Appetite, improves food digestion. Useful in atherosclerosis, reduces the amount of cholesterol in the blood. normalizes the condition of blood vessels. Jams made on the basis of ginger root juice are also useful for this purpose. "Ginger tea" along with honey and lemon is often used for colds. It is used as a compress for headaches, shoulder pain, and chronic back pain.

Grated ginger mixed with fresh milk is a good remedy for cough. It also cures angina and toothache, cleanses the body of toxic substances. For this, you need to add 1 gram of grated ginger with lemon juice and a little salt and eat it in the morning before breakfast. Chewing a piece of ginger root is enough to prevent dizziness in the car. "Ginger tea" relieves many colds.

**Below you can find out 7 useful properties of ginger.**

1. Beat Acid Reflux Acid reflux can be caused by foods eaten or by a person's anatomy. Some people are prone to it. Research shows that drinking or eating a special ginger tea every day can eliminate acid reflux.

2. Free yourself from inflammation Inflammation is a defense mechanism when an injured or damaged part of the body needs to be isolated to limit damage to other areas. Nevertheless, the inflammatory process is painful and unpleasant. People suffering from chronic inflammatory diseases are especially effective in consuming ginger.

3. Reduce the risk of cancer Ginger's effect on cancer cells is more active than the effect of other plants. Research shows that ginger destroys cancer cells faster and more safely than chemotherapy drugs. As you know, chemotherapy can cause many health problems. also used for prevention.

4. Get rid of digestive problems Ginger can stop nausea. This is because ginger kills the harmful bacteria that cause ulcers.



Ginger is also good for stimulating the salivary glands, which are an integral part of the digestive process.

5. Get Rid of and Prevent Headaches Ginger's anti-inflammatory properties can also help treat headaches. Research shows that eating ginger every day can prevent headaches and even migraines.

6. Do you want to lose weight? Losing weight is a very difficult matter. An increase in fat reserves in the body is the main factor of many diseases. Diet plays a big role in weight loss, but obesity can also be caused by genes.

Ginger also keeps the metabolism in the same level. Diet has a negative effect on metabolism.

7. Don't suffer too much from muscle pain Another common type of pain is muscle pain, which is often caused by exercise or daily activities. Research has shown that ginger helps in this case as well. However, the effect of ginger in this regard does not immediately relieve muscle pain, but gradually heals it. Eating ginger every day will prevent the pain that happens later in your body.

**How to make ginger tea:** three teaspoons of freshly grated ginger root in 100 ml. put in water or milk and boil for 10 minutes in an enamel pot with a tightly closed lid over low heat. Then let it soak for 5-10 minutes. It is drunk with the addition of honey and lemon. Because if honey is mixed with hot tea or boiling water, its beneficial properties decrease.

In Tibet, finely chopped or finely sliced ginger root is placed in a teapot, boiling water is poured over it and it rests for 10-15 minutes. After it boils, drink it warm with lemon and honey. In addition to being very tasty, it is extremely useful for treating colds, sore throats, and boosting immunity. Promotes intelligence and memory in general. Improves Meda activity and improves digestion. It gives energy by expelling the wind accumulated in the abdomen and the excess fat in the body. Displaces sputum during painful swallowing. Perhaps this is the reason for Tibetan longevity.

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