



Adrak (Ginger)

Botanical Name: Zingiber officinale

Common Name: Ginger; Ardrakam; Shunthi; Adrak; Sunth; black ginger; race ginger; African ginger; sheng jiang

Parts Used

Rhizome (root)

Description:

Ginger is an herb indigenous to southeastern Asia. It is cultivated in the U.S., India, China, West Indies and tropical regions.

Ginger is a creeping perennial on a thick tuberous rhizome. In the first year, a green, erect, reed-like stem about 60 cm high grows from this rhizome. The plant has narrow, lanceolate to linear-lanceolate leaves 15 to 30 cm long, which die off each year. The flower scape grows directly from the root and terminates in a long, curved spike. A white or yellow flower grows from each spike.

Plant Description

Indian Ginger is a perennial herb which grows from underground rhizomes. The rhizomes are aromatic, thick-lobed, pale yellowish, differing in shape and size in the different cultivated types. Ginger grows best in tropical and sub tropical regions with good rainfall and hot and humid summers.

Adrak (Ginger) in Other Languages

Indian	Ginger, Ardrakam, Shunthi
Spanish	Jengibre
French	Gingembre
German:	Ingwer
Swedish:	Ingefara
Italian:	Zenzero
Russian:	Imbir
Portuguese:	Gengibre



Note :- Rate of the products Mention in the Website will be verified by day to day fluctuation in the Indian Agro Market Actual Rate of the Products will be provide at the time of final Confirmation of Order

How To Use Ginger:

For treating indigestion, flatulence, colic, vomiting, spasms, stomach and bowel pains with fever, colds, cough, and asthma:

Agro buttonGinger acts as a digestive aid. Its pungent essential oils aid digestion by stimulating the activity of digestive enzymes.

Agro buttonFresh ginger is good for easing indigestion, stomach pain and nausea and for stopping diarrhea caused by poor digestion. Dry ginger, on the other hand is better for warming the body.

Agro buttonGinger oil has a spicy and peppery aroma, so it is often blended with other essential oils to produce many different mixtures for many different ailments.

Agro buttonGinger powder is used as a food flavoring agent and also in pharmaceutical preparations. It is great in various types of Indian and Chinese dishes as well as used in case of motion sickness and morning sickness.

Agro buttonDry ginger is good for cardiovascular health. It increases the tone and peristalsis of the intestine and Reduces flatulence. Dry ginger is effective against fever, dropsy, asthma and jaundice.

Agro buttonGinger produced candy which acts as an appetizer, a mouth freshener, and a normal health food.

Ginger Tea (Recipe)

Ingredients:

Water 1-1/2 cup

Milk 3/4 cup

Sugar to taste

Tea leaves 3 tsp.

Crushed ginger 1/2 inch

Basil leaves 1 tbsp.

Aniseed 1/2 tsp.

Method:

1. Add ginger, basil leaves and aniseed to water and bring the water to boil. Reduce the heat and let it cook for 5 minutes over medium heat with pan partially covered so that you get the complete flavour of all the three.
2. Add sugar, tea leaves and milk.
3. Bring 3-4 boils and then remove the pan from fire.
4. Strain tea into the cups.

Our Ginger Products :

Dry Ginger - Dry Ginger is emollient, appetiser, laxative, stomachic, stimulant, rubefacient, aphrodisiac, expectorant and carminative. We supply the best quality dry ginger at extremely competitive prices.

Ginger Powder - Powdered Ginger is obtained by pulverizing dried ripe fruits of Zingiber officinale. We produced best quality fine-ground, light yellow ginger powder which is renowned for its subtle lemon like aroma and sharp, biting flavor.

Ginger Oil - Ginger Oil is used in India since the vedic ages. Our ginger oil is light fresh, woody, spicy and it has a sweet and pungent smell which is extracted by steam distillation from the unpeeled or dried rhizome of the plant. We produced best quality ginger oil at extremely competitive prices.

Fresh Ginger - Fresh Ginger is used in India since a long time in the form of juice, herbs and baked food. Our fresh ginger is sweetish and aromatic flavor. We supply Organic fresh ginger with strict quality standards at extremely competitive prices.

Benefits of Ginger

Ginger is pungent and a bit bitter in taste. It acts as digestive, carminative, stomach, anti pyreutic, generates heat expels flatus and cough, purifies blood and is invigorating.

Health and Beauty

* Ginger is highly beneficial in the treatment of flatulence, dyspepsia, colic, vomiting, spasms and other painful affections of the stomach and the bowels, not accompanied by fever. Chewing a piece of fresh ginger regularly after meals prevents these ailments. This protective action is due to the excessive secretion of saliva, diastase enzyme and volatile oil.

* Ginger is an effective home remedy for cough and colds. Extracted juice of ginger with honey is taken three or four times a day in case of coughs. In case of colds, ginger cut into small pieces is boiled in a cup of water. After straining, with half a teaspoon of sugar, it should be taken hot.

* Ginger tea, prepared by adding a few pieces of ginger into boiled water before adding tea- leaves, is another effective remedy for frequent colds and associated fevers.

* To get control over dyspepsia, nausea and vomiting due to biliousness, indigestion caused by intake of heavy non-vegetarian and fried fatty food, morning sickness, jaundice and piles take half a teaspoon of fresh ginger juice, mixed with one teaspoon each of fresh lime and mint juices and a tablespoon of honey. Take this mixture thrice daily to reduce these kinds of problems.

* To proliferate sweating and reduces fever in influenza take a teaspoon of fresh ginger juice mixed with a cup of fenugreek decoction and honey to taste. It makes an excellent diaphoretic mixture. It acts as an expectorant in bronchitis, asthma, whooping cough and tuberculosis of the lungs.

* Ginger is an excellent pain- killer and it has capacity to cure all kinds of pain like- in headache, ginger ointment made by rubbing dry ginger with a little water on a grinding stone and applied to the forehead affords relief. It allays toothache when applied to the gum. In case of earache, a few drops of ginger juice give relief.

* Ginger juice is natural aphrodisiac. For better results, half a teaspoon of ginger juice, honey with a half-boiled egg and is taken at night for a month. It tones up the sex organs and cures impotency, premature ejaculation and spermatorrhea or involuntary seminal discharge.

* To reduce menstrual disorders crush a piece of fresh ginger and boil in a cup of water for a few minutes. The infusion, sweetened with sugar, is taken thrice daily after meals for painful or irregular menstruation caused by exposure to cold winds or by cold bath.

Medicinal use

The medical form of ginger historically was called Jamaica ginger; it was classified as a stimulant and carminative, and used frequently for dyspepsia and colic. It was also frequently employed to disguise the taste of medicines. Ginger is on the FDA's "generally recognized as safe" list, though it does interact with some medications, including warfarin. Ginger is contraindicated in people suffering from gallstones as it promotes the production of bile. Ginger may also decrease pain from arthritis, though studies have been inconsistent, and may have blood thinning and cholesterol lowering properties that may make it useful for treating heart disease.

History:

Traditional Chinese medicine has recommended ginger for over 2,500 years. It is used for abdominal bloating, coughing, vomiting, diarrhea, and rheumatism. Ginger is commonly used in the Ayurvedic and Tibb systems of medicine for the treatment of inflammatory joint diseases, such as arthritis.

Dosage:

Most people take 2-4 grams of the dried rhizome powder two to three times per day or a tincture of 1.5-3 ml three times daily.

For treatment of nausea, people try single doses of approximately 250 mg every two to three hours, for a total of 1 gram per day.

For prevention of motion sickness, many people start taking ginger tablets, capsules, or liquid herbal extract two days before the planned trip.

Perhaps the most versatile of all herbs, fresh ginger can be topically applied as a warm fomentation to relieve spasms pain and cramps. Simply cut several slices of the fresh root and place them in a pan of boiling water. Saturate a flannel cloth with the tea and apply it topically as warm as the body will bear. This is an ideal treatment for stiff neck and shoulders. The herb is cooked with meat to aid its assimilation and detoxify it. Fresh ginger tea is the most ideal herb to use for the first signs of mucus, cold, cough, and so on. To make it taste better, add honey. Drinking ginger tea with meals will greatly aid digestion and assimilation and is useful for those with weak, cold digestion.

Quality Assurance

As we believe in providing quality products that are close to nature, we conduct various stringent quality tests under the supervision of the experts. These tests are performed with due care from the very initial stage of procurement of the products to the final stage of delivery to the end users.

Packaging

We also provide reliable packaging of the cardamom seed oil and other cardamom products. During the packaging procedure, we keep the hygienic level high and also ensure that there is no human touch. Moreover, the packaging has also helped in the easy and safe delivery of the products.

We are dealing with various esteemed clients located in India as well as in the markets of New Zealand and Dubai. We also promise to serve a superlative range of cardamom and cardamom products which includes green cardamom powder to our new customers as we serve to our existing satisfied clientele. The frequent and concrete feedbacks from our customers have also helped in the advancement of the managerial activities and serving the products as per the demand prevailing in the market. Last but not the least; we are also looking forward to provide more beneficial deals in the forthcoming years.



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