



**Hon. Nishikant Bhosale-Patil  
(Dada)**

Founder, Prakash Shikshan  
Mandal, Islampur



Prakash Shikshan Mandal's

**LOKNETE RAJARAMBAPU PATIL**

AYURVEDIC MEDICAL COLLEGE, HOSPITAL,

P.G.INSTITUTE AND RESEARCH CENTER, ISLAMPUR

DIST-SANGLI (MAHARASHTRA) INDIA

## DEPARTMENT OF DRAVYAGUNA



### AARDRAK

**Marathi:**

**Botanical name:**

**Synonyms:**

**Family:**

**Common name:**

**Description-**

An erect, slender and herbaceous plant, *Z. officinale* can grow up to 1.8 m high. Shoots (pseudostems) extend above ground, arising from buds on the underground rhizomes, which are thickened, branched, somewhat resembling a swollen hand.

**Attributes :**

Rasa- katuVeerya- UshnaVipak- KatuGuna –Guru,Ruksha,Tikshna

**Medicinal uses..**

Ginger (*Zingiberofficinale*) is one of the most widely used natural products consumed as a spice and medicine for treating nausea, dysentery, heartburn, flatulence, diarrhea, loss of appetite, infections, cough, and bronchitis.