

Alpinia galanga

Scientific classification

Kingdom	: Plantae
Clade	: Angiosperms
Order	: Zingiberales
Family	: Zingiberaceae
Genus	: <i>Alpinia</i>
Species	: <i>A.galanga</i>
Part used	: Rhizome



Description

The plant grows from rhizomes in clumps of stiff stalks up to 2 metres (6 ft 7 in) in height with abundant long leaves that bear red fruit. This plant's rhizome is the "galangal" used most often in cookery. It is valued for its use in food and traditional medicine, and is regarded as being superior to ginger. The rhizome has a pungent smell and strong taste reminiscent of black pepper and pine needles. Red and white cultivars are often used differently, with red cultivars being primarily medicinal, and white cultivars primarily as a spice. The red fruit is used in traditional Chinese medicine and has a flavor similar to cardamom.

Medicinal Uses

It is Stimulant and carminative. It is especially useful in flatulence, dyspepsia, vomiting and sickness at stomach, being recommended as a remedy for seasickness as recommended by Indian Ayurveda. It tones up the tissues and is sometimes prescribed in fever. Galanga has been traditionally used for many years to treat several different diseases including cold, pain, inflammation, stomach ache, and microbial infection, and it also works as an antioxidant and anticancer agent