



## Materia Medica

**Materia Medica** (*English: medical material/substance*) is a Latin term from the history of pharmacy for the body of collected knowledge about the therapeutic properties of any substance used for healing.

HERB: Ginger

BOTANICAL NAME: Zingiber officinale

HARVESTED FROM: *the grocery store*

PARTS USED: *rhizome*

CONSTITUENTS/ESSENTIAL OILS: gingerol, zingerone

PREPARATION: *slice, simmer*

USES:

- ❖ cools the overheated body and warms the cold body
- ❖ makes a lovely tea with honey and lemon
- ❖ has a gentle inflammatory action which makes it ideal for treating muscle pain and tension
- ❖ soothes the belly

RECENT RESEARCH:

"Experimental studies showed that ginger and its active components including 6-gingerol and 6-shogaol exert anticancer activities against GI cancer."

Sahdeo Prasad and Amit K. Tyagi, "Ginger and Its Constituents: Role in Prevention and Treatment of Gastrointestinal Cancer," *Gastroenterology Research and Practice*, vol. 2015, Article ID 142979, 11 pages, 2015.