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Zingiber officinale

National Cancer Institute

Source

National Cancer Institute. *Zingiber officinale*. NCI Thesaurus. Code C54083.

The common cooking ginger, an herbaceous perennial with upright stems and narrow medium green leaves arranged in two ranks on each stem. Ginger grows from an aromatic tuberlike rhizome (underground stem) which is warty and branched. Ginger root is widely used around the world as a spice or food additive. It has been used in Asia for thousands of years for relief from arthritis, rheumatism, sprains, muscular aches and pains, catarrh, congestion, coughs, sinusitis, sore throats, diarrhea, colic, cramps, indigestion, loss of appetite, motion sickness, fever, flu, chills, and infectious disease.