

## ALPINIA

<b>BOTANICAL NAME</b>	<b>:-</b>	<b>Alpinia galanga</b>
<b>FAMILY</b>	<b>:-</b>	<b>Zingiberaceae</b>
<b>LOCAL NAME</b>	<b>:-</b>	<b>Lakud</b>
<b>HINDI NAME</b>	<b>:-</b>	<b>Kulijan</b>



### HABITS AND HABITATS :-

*Alpinia galanga*, a plant in the ginger family also known as **blue ginger**, is an herb with culinary and medicinal uses. Mostly used in cooking, especially in Indonesian cuisine and Thai cuisine. It is one of four plants known as galangal, and is differentiated from the others with the common name **greater galangal**.

### PLANTS DESCRIPTION :-

The plant is a Rhizomatous roots with an upright stem covered with simple leaf .The plant grows from rhizomes in clumps of stiff stalks up to two meters in height with abundant long leaves which bears green fruits when young and turns red towards maturity. Rhizomes are tough and difficult to break, the fracture being granular, with small, ligneous fibres interspersed throughout one side

### PARTS USED:-

The Rhizome

### MEDICINAL PROPERTIES AND USES :-

Stimulant and carminative. It is especially useful in flatulence, dyspepsia, vomiting and sickness at stomach, being recommended as a remedy for sea-sickness. It tones up the tissues and is sometimes prescribed in fever. Homoeopaths use it as a stimulant. Galangal is used in cattle medicine, and the Arabs use it to make their horses fiery. It is included in several compound preparations, but is not now often employed alone.

### CHEMICAL COMPOSITION:-

The root contains a volatile oil, resin, galangol, kaempferid, galangin and alpinin, starch, etc. The active principles are the volatile oil and acrid resin. Galangin is dioxyflavanol, and has been obtained synthetically. Alcohol freely extracts all the properties, and for the fluid extract there should be no admixture of water or glycerin.

### PRODUCTION TECHNOLOGY :-

Galangal can be planted on ridges, usually about 30 cm apart and with 15-23 cm between plants. The crop is planted by setts (small rhizomes) with one or two buds. Plant in spring, after all danger of frost is past and the soil has warmed up at a depth of 5-10 cm. Rhizomes are harvested when the leaves have yellowed or died. It is possible for the home gardener to just dig carefully at the side of a clump and remove rhizomes as needed rather than harvesting the whole clump.