

Ginger as a commercial product in China

Abstract

Most peoples have used Ginger as traditional medicine or spices for food during thousands of years ago. Ginger is an important component of traditional medicine used widely as an alternative or free medicines in most parts of the world. Previous studies review the influence and important of Ginger as a commercial product in China, so we found that Ginger has a magical therapeutics to inhibit the diseases, moreover it will become source of incomes if it is marketed in a good way.

Keywords: ginger; traditional medicine; China

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Introduction

Ginger (*Zingiber officinal*) is usually found in the grassland of the wetlands as a grass which can reach about 2 meters in height. The plant can be named differently in different parts of the world, for example, jiāng or Sang Kyung in Chinese, Uday or Adrak in Hindi, Gabi or Alia in Indonesia, Gimber in Dutch, Gingembre in French, Inghwar in German, Zengeru in Italian, Jengibre in Spanish. Ginger belongs to the Zingiberaceae family and contains 85 kinds of aromatic herbs.¹⁻³ In addition the Ginger is an origin in Southeast Asia so the best climate for growing ginger is Southeast Asia, although is grown in most tropical countries such as Jamaica, China, India, Nigeria and Haiti. Whosesoever global production of ginger in 2013 reached 2100 million kg. India accounted for 33% of total production in the world, followed by China with 19%, Nepal with third and Indonesia and Nigeria respectively. As a result that the countries of Middle East most consumed for it.⁴

Active ingredients of ginger, In general more than 60 active ingredients are known to exist in ginger, which have been broadly divided into volatile and nonvolatile compounds. Also contains a nutritional value with 80 calories, proteins 1.82, carbohydrate 18 g, fats 0.75 g, food fiber 2 g, vitamin C 5 g, vitamin B3 0.75 g, vitamin B6 0.16 g, potassium 415 g and Iron 0.6 g. Plant root is rich with insulin, antolokton, antispasmodic and essential oils. The nucleus of the nuclei contains 3-6% fatty oil, 9% protein, 60-70% carbohydrate, 3-8% raw fiber, about 8% ash, 9-12% water, 2-3% of volatile oil. Nitrogen compounds are usually claimed to have medicinal value.^{2,5-7}

Therapeutically Ginger has been used as Ayurvedic medicine from the Vedic period and is called "mahaushadhi" which means great medicine. In traditional medicine, it was used as an air freshener. The Greek physician Galenus used ginger as a supplement to the body.⁸

Recently studies have shown that it contains antioxidants, anti-cancer, anti-inflammatory, antipoptotic, anti-hyperglycemic, antihyperlipidemic and anti-vomiting procedures. Due to its various active ingredients, ginger is considered a safe medicinal plant with few adverse effects and is not important. Ginger contains substances that regulate the functioning of the digestive system, especially preventing nausea and vomiting. It is usually recommended to consume 4-2 g daily, divided into 2-3 servings, to relieve pregnancy nausea.⁹

Ginger contains anti-inflammatory substances, which can contribute to the relief of arthritis. Contains anti-oxidant and anti-cancer substances. It is recommended to use ginger as a healthy spice in particular, in frequent intervals in the weekly menu, and as a natural treatment to relieve nausea and inflammation. Ginger is generally considered to have many benefits for various health conditions. According to some scientific sites, what they have been found about the benefits of ginger medically proven in laboratory studies on animals was: relieve swelling, reduce blood sugar, cholesterol Reduction, protection against Alzheimer's disease, prevention of blood clotting.^{10,11}

However, according to experiments, studies and applications of traditional medicine and physiotherapy, it is possible to get more benefits for ginger, whether by eating boiled or oil or powder use or in other ways. By the way has toxic effects if we use high dose of ginger 5 times (2500 mg/kg) can be toxic by causing severe hypotension and slow heartbeat with the induction of glass changes and the faintness of certain nuclei in the pre-necrosis muscle fibers. But more research is needed to know for sure how it affects humans.¹²

Commercially Ginger-containing commercial represents commercial products in three different forms (ground ginger powder, Ginger tea leaf, and ginger crystal) Ginger is included in the list of medicinal herbs and is usually used as a spice, and can be taken fresh

or drink, squeezed or boiling or use powder or oil for therapeutic purposes.^{13,14}

Conclusion

Ginger is one of the famous herb and spice is used by most of the people in the world. So the most important thing of this product which will be source of incomes, if China will invest it according to the production process and know the amount of income to be earned by China. If they are focusing on other countries that have not good area to grow up it, through use marketing mix, promotion to show the important information, health benefits of Ginger and make guidelines for how to use it in consideration distribution channels are close to the consumers.

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Conflicts of interest

The authors declare that there is no conflict of interest.

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