

IMPORTANT PLANTS FROM GINGER FAMILY


Zingiberaceae is a family of flowering plants made up of about 50 genera with a total of about 1600 known species of aromatic perennial herbs with creeping horizontal or tuberous rhizomes. They are mostly grown in damp and humid shady places.

Many of this family's species are used as:





- Ornamental
- Spice
- Medicinal plants

Important of Ginger family:

- Ginger family have earned it a place among the most healing herbs around the world.
- Different species of ginger are grown in Manipur and also highly demand outside the state.
- Cultivation and capacity building for processing of Ginger family plants is a potential alternating livelihood generation option for the State of Manipur

GINGER FAMILY								
Sl. No.	Common Name	Scientific Name	Vernacular Name	Family	Habit	Parts Used	Medicinal Uses	Image
1	Turmeric	<i>Curcuma domesca</i>	Yai-ngang	Zingiberaceae	Herb	Whole plant	Small pox, eye disease, asthma, wound, skin infection	

2	Shell Ginger	<i>Alpinia nigra</i>	Pul-lei	Zingiberaceae	Herb	Rhizome, leaves, inflorescence	Gout, colic, rheumatism	
3	Bengal Cardamom	<i>Amomum dealbatum</i>	Namara	Zingiberaceae	Herb	Rhizome, inflorescence	High Blood Pressure, constipation.	
4	Black Turmeric	<i>Curcuma caesia</i>	Yai-ngang amuba	Zingiberaceae	Herb	Rhizome	Piles, fever, bronchitis, sprain, epilepsy, fertility, stimulant	
5	Mango Ginger	<i>Curcuma amada</i>	Hei-nou-yai	Zingiberaceae	Herb	Rhizome	Stomachic, carminative, healing sprain	

6	East Indian Arrow Root	<i>Cucurma angusfolia</i>	Yai-pal	Zingiberaceae	Herb	Inflorescence	Anti-fungal, antibacterial, cough, Diarrhoea	
7	Wild Ginger	<i>Zingiber capitatum</i>	Lam-shing	Zingiberaceae	Herb	Rhizome	Rhizome	
8	Wild Turmeric	<i>Zingiber cassumunar</i>	Tekhao-yaikhu	Zingiberaceae	Herb	Rhizome	Tonic, Carminative, Womb related diseases, Irregular menstruation	
9	Ginger	<i>Zingiber officinale</i>	Shing	Zingiberaceae	Herb	Rhizome, leave	Asthma, cough, Rheumatism, improve blood circulation.	

10	White ginger lily	<i>Hedychium coronarium</i>	Takhel-lei angouba	Zingiberaceae	Herb	Rhizome, leave	Throat problem, tonic, rheumatism	
11	Red Ginger lily	<i>Hedychium marginatum</i>	Takhel-lei angangba	Zingiberaceae	Herb	Rhizome	Carminative, stimulant, bronchitis, stomach pain	
12	Ginger Lily	<i>Hedychium flavum</i>	Lok-lei	Zingiberaceae	Herb	Rhizome, flower	Bonchitis, tonsillitis, Tonic, anti-rheumatic, bruises, sprain	
13	Thai Ginger	<i>Alpinia galanga</i>	Kanghoo	Zingiberaceae	Herb	Rhizome	Indigestion, colic, dysentery	
14	Orange Ginger lily	<i>Hedychium auracum</i>	Eengel-lei	Zingiberaceae	Herb	Inflorescence, rhizome	Bronchitis	