

SHUNTHI (*Zingiber officinale*)

Family - Zingiberaceae

Synonyms - Ushna- it is hot in nature.

- Katubhdra-having pungent taste.
- Katugranthi- having nodes and internodes.
- Visha- assimilated very fast in body like a visha.
- Avaakchathar- its leaves bent and resembles chathari.
- Katuviddi- having pungent taste .



Rasa-Panchak

- Guna-Laghu, Snigdha (Adraka-Guru, Rooksha, Teekshna)
- Rasa - Katu
- Vipaka - Madhura (Adraka-Katu)
- Veerya - Ushna



Chemical Constituents - Geraniol, Gingerone, Zingiberenes, Gingerdiol, Gingerone, Curumene, Bourbornene

Part used - Rhizome Dose - Adraka Swarasa: 5 to 10 ml;

Shunthi Churna: 1 to 2 gm

Formulation- Adraka Khand, Saubhagya Shunthi, Shunthi Sura