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DESCRIBING THE GINGER PLANT AND ITS EFFECTIVE INGREDIENTS ALONG WITH ITS THERAPEUTIC PROPERTIES IN VARIOUS COMPLICATIONS

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ABSTRACT

Plants are one of the important and valuable sources in the preparation of medicines, both in traditional medicine and in the form of pure products. Ginger is obtained from a yellow plant with purple veins with the scientific name *Zingiber officinale*. Although ginger is usually referred to as the root of the plant, actually the part used is the swollen underground stem called the rhizome. The aroma and flavor of ginger are due to the presence of two types of volatile oils and non-volatile pungent compounds. The biologically active components of ginger are classified in the second category, among the most important molecules in this category, are gingerol and shogaol, which cause a pungent sensation in the mouth. Most properties of ginger are attributed to non-volatile components with a spicy taste. The properties of these substances can be reduced blood sugar, weight loss, increased blood insulin, effect on blood coagulation, effect on blood pressure, reduction of complications of gastrointestinal diseases, reduction of nausea caused by pregnancy, or the use of chemotherapy drugs, the protective effect of the tissue against chemical and radio damage with anti-inflammatory properties, antioxidant properties, antibacterial and antifungal properties, especially *Candida albicans*, anti-cancer properties through antioxidant and anti-inflammatory properties.

This study aimed to describe the ginger plant and its active ingredients and some features including anti-inflammatory effects, anti-oxidative effects, anti-cancer effects, and so on.

KEYWORDS: medicinal plants, ginger, antioxidant, anticancer.

INTRODUCTION

Ginger is known as a spice and medicinal plant. In China, this plant has been used as a flavoring and antifungal agent for more than 2500 years. Ginger is obtained from a yellow plant with purple veins. Although ginger is usually referred to as the root of the plant, in fact, the part used is its swollen underground stem, which is called the rhizome

[Sharifi-Rad M *et al.*, 2017]. Ginger has been used since ancient times and still plays an important medicinal role in traditional Chinese medicine. In ancient Iran, this plant was also known as Shangvir and had medicinal uses. And it was sent from Iran and Arab countries to Western countries. In the West, a Greek physician first recorded the medical

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