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## **GINGER REVITALIZED: EXPLORING THE MODERN APPLICATIONS OF ZINGIBER OFFICINALE IN MEDICINE AND BEYOND**

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*Received 12.05.2023 Accepted for printing 04.08.2024***ABSTRACT**

*The rhizome of Zingiber officinale, stands as a time-honored component deeply rooted in the realms of traditional medicine, boasting a history spanning centuries. This expansive review endeavors to intricately dissect the multifaceted dimensions of Zingiber officinale, delving into its botanical intricacies, phytochemical constituents, and medicinal attributes.*

*Our overarching goal is to cast a comprehensive light on the manifold applications of Zingiber officinale within the domains of health and wellness.*

*Methodically integrate the wealth of existing knowledge surrounding the anti-inflammatory, antioxidant, and antimicrobial properties inherent in ginger. By doing so, we seek to unravel the potential therapeutic efficacy of ginger in the management of an array of health conditions. To achieve this objective, an exhaustive literature review was conducted, encompassing detailed examinations of botanical descriptors, comprehensive phytochemical analyses, and critical evaluations of clinical studies. Through this comprehensive exploration, we present a holistic and nuanced overview of Zingiber officinale.*

*Our findings resonate with the versatility of ginger, underscoring its efficacy in mitigating not only nausea and digestive issues but also in addressing the complexities of inflammatory diseases.*

*The culmination of our findings contributes significantly to a richer and more profound understanding of the versatile applications of ginger, positioning it as a compelling and promising subject for both further scientific inquiry and practical utilization.*

**KEYWORDS:** Zingiber officinale, Rhizome, Ginger, Anti-inflammation, Antioxidant, Antimicrobial properties, phytochemical

**INTRODUCTION**

**Background of Zingiber officinale:** Zingiber officinale, more commonly known as ginger, is a vigorous persistent herbaceous plant that has earned renowned for its subterranean rhizomes serving as a pivotal element in the tapestry of medicinal practices throughout the annals of time

[Ghlyssi et al., 2013, Baliga et al., 2011]. This botanical marvel traces its origins to the verdant landscapes of Southeast Asia, embarking on a journey that transcends geographical boundaries and firmly establishing itself not merely as a spice but as an indispensable ingredient in a mosaic of tradi-

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