

How to use ginger for better health



It is a well known fact that a majority of Indians prefer home remedies over drugs. The use of ginger is unique when it comes to curing common cold and cough. But there are other reasons why ginger is a remedial herb. Let us discover how one can use ginger for better health.

Why is ginger important?

Ginger is very popularly used in Ayurveda for its benefits in digestion and respiratory disorders. It is a wonderful carminative, anti-flatulent, stimulant and expectorant. Further, Ginger has many useful minerals like calcium, phosphorus, iron, magnesium, copper, zinc and few others.

Ginger as an appetizer?

When used before meals, ginger improves appetite by igniting digestive fire due to its hot potency. It also enhances digestion due to its pungent taste and alleviates toxins of indigestion from the body.

Fresh juice of ginger is used to cure symptoms of cough and cold. It helps stop watery discharge from nose and help cure headache and fever associated with common cold if taken in tea or as decoction with basil and honey.

Ginger is even good for joint pain?

Dried ginger or sounth has pain relieving and anti inflammatory properties which is used therapeutically to alleviate joint pain and inflammation in arthritis. Other than these situations, ginger is an excellent spice that can be used daily.