



ADRAK

Rhizome

The drug *Adrak* consists of fresh rhizome of *Zingiber officinale* Rosc. (Zingiberaceae); a herbaceous rhizomatous perennial, reaching up to 90 cm in height, widely cultivated in India. Rhizomes are dug in January-February, buds and roots are removed and washed well.

- **Temperament:** Hot and Dry
- **Action(s):** Digestive (Hazim), Carminative (Kasir-e-Riyah), Nervine tonic (Muqawwi-e-Asab), Stimulant (Moharrik)
- **Therapeutic Use(s):** Gastric debility (Zof-e-Meda), Indigestion (Su-e-Hazm), Flatulence (Nafkh-e-Shikam), Hemiplegia (Fali), Facial palsy (Laqwa)
- **Dose:** 1- 1.5 g.
- **Important Formulation(s):** Habb-e-Adrak, Jawarish Zanjabeel, Majoon Zanjabeel, Safoof-e-Hazim