



## ZINGIBER OFFICINALE. L BOTTAIC DESCRIPTION OF

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### Abstract:

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In this article, the history of the study of *Zingiber officinale* L., the worldwide scientific research on the species, ZINGIBER OFFICINALE. Botanical description of L., medicinal properties of *Zingiber officinale* L. are discussed. Ginger (*Zingiber officinale* L) is a spice and medicinal plant belonging to the ginger family. Ginger has been used in folk medicine in India and China since ancient times.

**Keywords:** *Zingiber officinale* L., history, type, world, scientific, botanic, description

**INTRODUCTION.** Leafy branches of ginger grow to a height of one meter. The leaves are 6–12 (15–30 cm) long, oblong, alternate in two vertical rows, and arise from sheaths surrounding the stem. The flowers are single in dense cone-like racemes with food 1 cm and load 2-3 cm, they consist of a loaded layer of one[1].

The edible part of ginger is the root, often called "ginger root." This perennial plant is widespread mainly in tropical and subtropical countries. Native to South Asia, it is now grown in tropical and subtropical areas of China and India, Indonesia and Australia, West Africa, the region, Jamaica and Barbados. It is effective in getting rid of weight quickly and easily, and it is also very useful for catching colds and other crops[3].

The exposed roots form a fibrous root. The stem of ginger is erect, rounded, with alternate, narrow, oblong stripes about 1 cm long, somewhat similar to the movement of tiki bamboo[4].

**ANALYSIS AND RESULTS.** On April 10, 2020, the President of the Republic of Uzbekistan signed Resolution PQ-4670 "On the protection of wild medicinal plants, cultivation, processing and rational use of available resources". This Decision created a solid foundation for creating a favorable environment for the further development of the cultivation and processing of medicinal plants, increasing the export potential of the sector, as well as for the integration of education, science and production processes[5].

It is known that the expansion of areas of medicinal plants, the increase in the types and size of cultivated plants also requires an increase in its processing and export. Therefore, the relevant ministries, institutions and organizations were assigned tasks to increase the production and export of natural medicines[7]. At the same time, the seeds and seedlings imported for breeding medicinal plants in plantations, for this purpose, development of nursery and seed production, introduction of new species,

establishment of cultural plantations of medicinal plants and nurseries tasks were given to simplify the procedure for issuing quarantine permits for chats[6].

The decision provided for the formation of start-up projects on the strengthening of scientific and innovative developments related to the cultivation and processing of medicinal plants, the establishment and processing of cultural plantations of plants, and their implementation on the basis of grant competitions. Ginger (*Zingiber officinale* L) is leading the world market today with its medicinal and beneficial properties. Below is information about its composition and medicinal properties;

Raw ginger is 79% water, 18% carbohydrates, 2% protein

and consists of 1% fat (table). In 100 grams (the standard amount used for comparison with other foods), raw ginger provides 80 calories and contains vitamin B6 (12% of the daily value) and manganese. (11%), but low in nutrients[7].

Useful vitamins contained in ginger root and due to its elements, it reduces high cholesterol, as a result, the level of testosterone increases, it has the potential of the drug, prevention against prostatitis[19]. In general, it improves blood circulation. It is useful to use it when it is freshly dialed. Ginger is used in many different ways and for different reasons[8]. It is juicy and fleshy when freshly picked, and is often pickled in vinegar and eaten as a snack. Tea can be made from root parts mixed with honey in boiling water. If it is fermented with raisins and mixed with brandy, it can even be made into wine. When ripe, ginger is dried and can be ground into a powder, which is then used as a spice or as an ingredient in gingerbread, cookies, crackers and cakes, and ginger beer[18]. Candies can even be made from ginger mixed with sugar until soft. As a result, candied or crystallized ginger is obtained[9].

Ginger is a very popular food ingredient in India. It is used in the preparation of thick gravies, in



the preparation of pulses and lentils, and as a spice for tea and coffee (especially in the colder months). The people of Malaysia, the Philippines and Indonesia love ginger both in its savory and sweet form[10].

Since ancient times, ginger has been used as a medicinal plant in folk medicine. For example, Jamaican ginger is often used for dyspepsia, gastroparesis, slow motion symptoms, constipation, and colitis. To prevent the flu, the people of Burma used a natural mixture made from a mixture of palm tree sap and ginger. In Japan, ginger has been used to help with blood circulation. Tangawis juice, made in the Congo, is considered a healing agent. It is made from ginger and mango tree juice. Ginger paste is placed in temples in India to relieve headaches. In some places, ginger is used as a short-term remedy for nausea and worms associated with pregnancy[11].

Ginger is also useful for women. For example, it reduces pain during menstruation. Ginger is one of the best recommendations for a woman suffering from toxicosis during pregnancy. Ginger also helps with diseases of the female genital organs, such as infertility and inflammation. This plant also has the ability to regulate hormones in the human body. It is recommended to drink the plant again with menstrual pains, to normalize the level of hormones (headache, nervousness)[12]. It is recommended to use it as an adjunct in chronic inflammation, adhesions, and in the treatment of infertility. Today, it is widely used in folk medicine for the treatment of uterine fibroids. It also provides women with the beneficial properties of ginger, which also relieves pain and perfectly relieves stress and depression.

Excessive consumption of ginger during pregnancy can cause nausea and dizziness. As an antispasmodic, it is good for leg swelling. Useful substances in ginger have a beneficial effect on the future mother's figure[13]. Ginger root can be used to treat colds in children. In addition, ginger helps to eliminate flu and cold in children. Evaporation of boiling ginger is good for breathing. If the child suffers from diseases of the digestive system, tea made from this plant will help with vomiting and spasms. Ginger also eliminates muscle pain and strengthens the child's immunity[14].

The range of uses of ginger is so wide that it can be called a real miracle drug without hesitation. Its healing properties have been widely studied by modern specialists for the next several decades. Today, even ginger is included in many natural medicines, it is recommended to protect the body from various diseases and fight against several diseases. Ginger extracts are also widely used in cosmetology. In particular, shampoos made from ginger extract prevent hair loss and make hair strands strong and shiny. Ginger root nourishes hair follicles and

stimulates their growth. This plant also gives a significant result in getting rid of excess weight. Ginger tea consumed before meals suppresses appetite and, at the same time, has the property of dissolving fats[15]. Every morning, a tea spoon of ginger, lemon and honey mixed with a glass of warm water will greatly help to increase immunity and cleanse the internal organs. Ginger tea refreshes a person, accelerates the "melting" of fat layers in the muscles, and removes excess water from the body[16].

**CONCLUSION.** The plant is considered a medicinal plant, and the work of many scientists in this regard is noteworthy. Its unique useful properties encourage further study of the plant. Therefore, it is appropriate to plant and create plantations of *Zingiber officinale* L. on a large scale, not only on a global scale, but also in our country. In this regard, it is urgent to study the growth cycle, bioecology of the plant in every region of our republic, and develop cultivation methods[17].

Today, using this plant in our country, based on the European experience in the treatment of tumor diseases, which have risen to the level of global danger, will give good results in the prevention and elimination of diseases.

Taking into account the medicinal aspects of the plant on a large scale in the pharmaceutical industry and folk medicine, bringing another new type of medicinal plant into the field of pharmaceutical industry is becoming important today.

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