

To Study Herbal Monograph of Zingiber Officinale

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Abstract: Ginger (*Zingiber officinale*.) Belongs to the Zingiberaceae family. The health-promoting idea of ginger is said to be rich in its phytochemistry. This study aims to review current evidence on the effects of ginger as an anti-inflammatory and anti-oxidative. Gastrointestinal cancer (GI), a cancer of the various organs in the digestive system, is one of the most common cancers in the world. The mortality rate for some of these cancers is very high. Although many types of chemotherapeutic agents have been introduced in the last few decades to fight GI cancer, most of them are very expensive and have side effects. Therefore, compounds found in natural sources, which are considered safe and less expensive, are needed. Ginger (*Zingiber officinale*) is one of the most widely used natural products used as a spice and medicine to treat nausea, diarrhea, heartburn, heartburn, diarrhea, anorexia, infections, coughs and bronchitis. Experimental studies have shown that ginger and its active ingredients including 6-gingerol and 6-shogaol perform anti-cancer functions against GI cancer.

Keywords: Ginger, Anti-Inflammatory, Anti-Oxidant, GI Cancer

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