

Processing of ginger & its medicinal uses

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Ginger (zinger officinal rose, $2n = 2x = 22$) is an important spice crop of the world. Ginger is usually available in three different forms: fresh (green) root ginger, Preserved ginger in brine or syrup, dried ginger spice or ground ginger spice. The processing of ginger products is an important practice in the food processing industry. There are two important factors to consider when selecting ginger rhizomes for processing; 1. the stage of maturity at harvest 2. native properties of the type grown. The processed products from ginger is ginger bread, ginger snaps, ginger sticks, ginger oil, ginger candy, ginger crystallized, ginger tidbits, ginger powder, ginger in syrup & ginger pulp, ginger oleoresins, ginger ale and can be found in a variety of foods and drinks. Ginger plays an important role in indian Ayurvedic medicine as a folk remedy to promote cleaning of the body through perspiration, to calm nausea and to stimulate the appetite. Ginger tea is also used as a carminative and in the symptomatic treatment of colds. Ginger contains gingerol, an oleoresin (combination of volatile oils and resin) that accounts for the characteristic aroma and therapeutic properties. Components of gingerol (Zingiberone, bisabolene, camphene, geranial, linalool and borneol) possess beneficial properties for the treatment of poor digestion, heartburn, vomiting and preventing motion sickness. Other uses include pain relief from arthritis or muscle soreness, menstrual pain, upper respiratory tract infections, cough, and bronchitis. Ginger is also sometimes used for chest pain, low back pain, and stomach pain. Some people pour the fresh juice on their skin to treat burns. The oil made from ginger is sometimes applied to the skin to relieve pain. In foods and beverages, ginger is used as a flavoring agent. In manufacturing, ginger is used as for fragrance in soaps and cosmetics. One of the chemicals in ginger is also used as an ingredient in laxative, anti-gas, and antacid medications.

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Value added moringa and its benefits

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Vegetables are an important supplement to the human diet as they provide the essential minerals, vitamins and fibre required for maintaining health. Among all the vegetables moringa are extremely nutritious, containing all the essential amino acids along with many vitamins and other nutrients. Virtually every part of the tree can be used. Moringa is perishable commodities and the ambient high temperature obtained in the tropical country like ours makes them more susceptible for rapid development of senescence and decay. Two approaches are possible for solving this problem. One is the adoption of proper post harvest practices and another approach is to process the fresh moringa into various products which could be preserved for a long time and add to the value of the product. Value addition means converting the fresh produce into products which could be utilized for immediate purpose or stored for future use by applying various indigenous and high techniques suitable for each crop. The processed products from moringa is moringa leaf powder, moringa fruit powder, moringa capsules, moringa dried leaves, moringa oil, moringa seed cake powder and moringa tea. Moringa's medicinal values are increase the natural defences of the body, provides nourishment to the eyes and the brain, promotes metabolism with bio-available ingredients, promotes the cell structure of the body, promotes the normal functioning of the liver and the kidney, beautifies the skin, promotes proper digestion, acts as an antioxidant, takes care of the immune system of the body, promotes healthy circulatory system, it is an anti-inflammatory, gives a feeling of general wellness, supports the normal sugar levels of the body, moringa leaves are galactagogue, refrigeant and laxative and improve digestion, moringa tender leaves reduce phlegm and are administered intinally for scurvy and catarrhal conditions, moringa flowers, irritant in action are used to heal inflammation of tendons and abscesses, the unripe moringa pods acts as a preventive against intertinal worm and moringa fruit is sweet and pungent in taste, an appetizer preventing eye disorders and increasing semen both qualitatively and quantitatively. This is an excellent method to preserve the moringa. Processed moringa products have been popular due to their convenience and availability throughout the year. These products are used to substitute the fresh moringa in preparation of various food items.

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