

# FAQs

## 1: What are the main constituents of ginger?

The main constituents in ginger are phenolic compounds such as gingerols and shogaols, and sesquiterpenes such as zingiberene. These and other compounds are extracts found in ginger oleoresin. The main pungent flavor chemicals are the gingerols, which are not volatile

## 2: Turmeric used as dye?

Turmeric makes a poor fabric dye, but is commonly used in Indian and Bangladeshi clothing, such as saris and Buddhist monks' dress. Turmeric has given code as E100 when it is used as a food additive.

## 3: Turmeric as grand mothers remedy?

Turmeric is an excellent medicine for the skin. Its anti-inflammatory and anti-oxidative properties help reduce the signs of ageing, wrinkles, reduce burn and stretch marks, fight acne and take care of cracked heels. Turmeric is an excellent source of both iron and manganese. It is also a good source of vitamin B6, dietary fiber, and potassium.

## 4: Other uses of turmeric?

In India, turmeric is used in almost all curries and gravy dishes. It gives a rich color and a unique flavor to the food. Turmeric is a well-known preservative. Scientists from Gujarat found that adding turmeric to *paneer* (cottage cheese) extends the shelf life of paneer up to 12 days. Turmeric is a great pesticide. Sprinkle turmeric (powder) water near all the entry points of your house to ward off insects, ants, and termites

## 5: Medicinal properties of turmeric?

The activities of turmeric include antibacterial, antiviral, anti-inflammatory, antitumor, antioxidant, antiseptic, cardio protective, hepato protective, nephro protective, radio protective, and digestive activities.

### **6: Explain it acts as good blood clotting agent and heals wounds faster?**

It has got all the healing properties because it contains phenolic compounds and it is an effective natural antiseptic agent as well as natural antibacterial agent. Turmeric could not only heal a wound faster but also reduce the intensity of the scar seen on the skin.

### **7: Explain health benefits of Ginger?**

Ginger contains a substance called 6-gingerol, which may have protective effects against cancer. Oxidative stress and chronic inflammation can accelerate the aging process. They are believed to be among the key drivers of Alzheimer's disease and age-related cognitive decline. Some studies in animals suggest that the antioxidants and bioactive compounds in ginger can inhibit inflammatory responses that occur in the brain. There is also some evidence that ginger can enhance brain function directly.

### **8: Explain health benefits of Turmeric?**

In India, turmeric has been used as a remedy for stomach and liver ailments, as well as topically to heal sores, basically for its supposed antimicrobial property. In the Siddh system (since around 1900 BCE), turmeric was a medicine for a range of diseases and conditions, including those of the skin, pulmonary, and gastrointestinal systems, aches, pains, wounds, sprains, and liver disorders. A fresh juice is commonly used in many skin conditions, ie, scabies, allergy, chicken pox and eczema. The active compound curcumin is believed to have a wide range of biological effects including anti-inflammatory, antioxidant, antitumour, antibacterial, and antiviral activities, which indicate potential in clinical medicine.

### **9: Traditionally turmeric is used in many religious ceremony, explain?**

Turmeric is considered auspicious and holy in India and has been used in various Hindu ceremonies it remains popular in India for wedding and religious ceremonies.

Turmeric has played an important role in Hindu spiritualism. The robes of the Hindu monks were traditionally colored with a yellow dye made of turmeric.

In Tamil Nadu and Andhra Pradesh, as a part of the Tamil/Telugu marriage ritual, dried turmeric tuber tied with string is used as opposed to the Mangalasutra of Hindus in India. In western and coastal India, during weddings .

#### **10: What is Haldi ceremony?**

Haldi ceremony is a ceremony observed during Hindu wedding celebrations in many parts of India. The turmeric paste is applied by friends to the bodies of the couple. This is said to soften the skin, but also colors them with the distinctive yellow hue that gives its name to this ceremony.

#### **11: The Anti-Inflammatory Effects of ginger?**

**It** is a common health problem it involves degeneration of the joints in the body, leading to symptoms like joint pain and stiffness. Many study report found that a combination of ginger, cinnamon and sesame oil, can reduce pain and stiffness in osteoarthritis patients when applied topically

#### **12: Mention ,Shogaols and gingerols health benefits?**

**Shogaols** and gingerols stimulate production of saliva, bile and fluids made by your stomach, ... Ginger Root Medicinal Importance and **Benefits**. Ginger **Shogaols**: Promising Prevention for Lung and Colon Cancer .

#### **13: Explain Industrial usage Turmeric oil?**

Industrial usage: Turmeric oil is used as spice in food industry. It is also used in pharma industry where it is used in making anti-inflammatory, pain relieving, anti-microbial, anti-fungal, antiseptic drugs as well as ointments.

Turmeric oil is very powerful and it is full of rare compounds as it is extracted from such a powerful healer herb. When analyzed turmeric oil may show the presence of 400-500 different kinds of molecules.

#### **14: Define what is Dietary fiber and Carotene?**

- Dietary fiber : Dietary fiber or roughage is the indigestible portion of food derived from plants. It has two main components: Soluble fiber, which dissolves in water, is readily fermented in the colon into gases and physiologically active byproducts, and can be prebiotic and viscous.
- Carotene :Carotene is the substance in carrots, pumpkins and sweet potatoes that colors them orange and is the most common form of carotene in plants

#### **15: What are the main constituents present in the Turmaric essential oil?**

Turmaric essential oil,main constituents are:

- Sesquiterpene alcohol – 50%
- Zingeriberene and other Sesquiterpene hydrocarbons – 30%
- d-a-phellandrene – 4%
- Cineol – 3%
- d-sabinene – 2%
- d-borneol – 2.5%
- Valeric acid – 0.1%