

Hedychium in Traditional Healing Systems: An Ethnobotanical Review

Hedychium J. Koenig., is a genus in the ginger family, Zingiberaceae and is commonly seen in tropical and subtropical regions of Asia. They are mainly used in ornamental and medicinal purposes. Traditionally, the genus Hedychium has been used as medicine and in cultural ceremonies. Each part of the plant has its own unique healing properties. The Indian traditional system of medicine especially Ayurveda preferred various combination of this genus for the treatment of digestive, respiratory and inflammation related diseases. Rhizome of the plants of this genus is ginger like and have spicy flavour, so it is commonly used as food supplements. Rhizome is the major part that having great medicinal potential. Almost all the species of Hedychium possesses various kind of ethnomedicinal value.

Key words: Ethnobotany, Ginger lily, *Hedychium*, Traditional medicine, Zingiberaceae.

Introduction

Ethnobotany is the study of the interrelationship between plants and people, focusing on how traditional communities use plant resources for food, medicine, and cultural practices. It is a multidisciplinary approach that integrates aspects of anthropology, ecology, and conservation biology to understand the importance of plants in human life and the significance of protecting this valuable knowledge for future generations (Nolan and Turner, 2011, Ramirez, 2007). Ethnobotanical concepts are developed from the indigenous peoples to embrace all areas of humanity, emphasizing the significance of understanding the values of plants in our lives" (Hamilton et al., 2003).

The traditional practical methods are vital for sustaining biodiversity and cultural heritage, and this traditional knowledge is the major factor in the effective utilization of native flora in the medical sectors (Begossi, 1996). The field of ethnobotany not only facilitates the conservation of the ideas of traditional communities but also simultaneously enhances the production of new pharmaceuticals by effective research. This kind of approach is very significant as many methods in the traditional system are at a threat of being lost because of the decrease in the traditional healers due to ageing and the destruction of natural ecosystems (Pandey and Tripathi, 2017).

Zingiberaceae in Traditional Medicine and Cultural Practices

Zingiberaceae is identified as the largest family comprising approximately 200 genera and 1600 species in the order Zingiberales (Christenhusz and Byng, 2016) characterized by being perennial rhizomatous herbs with simple, distichous leaves. Most of them are widely used ginger and their rhizomes are frequently used for propagation (Larsen et al., 1982). They are largely found in Asia and are significant contributors to the undergrowth of tropical rainforests and monsoon

Hedychium J. Koenig., a genus in the Zingiberaceae family, thrives in tropical Asia, used ornamentally and medicinally. Its rhizome, ginger-like, serves both culinary and healing purposes, particularly in Ayurveda for digestive and respiratory issues.

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forests. The highest concentration of genera and species is found in the Malaysian region, which includes Indonesia, Malaysia, Singapore, Brunei, the Philippines, and Papua New Guinea (Jatoi et al., 2007).

Zingiberaceae plants are aromatic, they are particularly significant in terms of ethnomedicine and pharmaceuticals since they are fragrant and rich in a variety of bioactive chemicals. It has antioxidant, antibacterial, anti-diabetic, anti-inflammatory and anti-cancer properties, so they have significant future potential in novel medication development. They are valuable natural resources that offer many products including spices, food, ethnomedicine, dyes, perfumes, etc. (Das and Nayak, 2023; Siriruga, 1998).

Ecologically, many species within this family are important for their role in providing habitat and food for various organisms. Economically, several species within the Zingiberaceae family have significant commercial value. Ginger, derived from *Zingiber officinale* and other species of *Zingiber*, is widely used as a spice and condiment. Turmeric, obtained from *Curcuma domestica* and other *Curcuma* species, is another valuable product used as a yellow coloring agent. Additionally, some members of the family are used for their aromatic properties, such as perfumes and dyes. The fibers of *Alpinia speciosa* have been commercially utilized, and the stems and sheaths of certain species have also been used (Tomlinson, 1956).

The ethnobotanical importance of this family demonstrates the need for conservation, which ensures economic potential and food security (Daimei and Kumar, 2014). Zingiberaceae rhizome served as the primary component of semi-solid medicinal herbs utilized in brewing as well as solid medicines. Rhizomes are distinct from one another in terms of structure and colour and have a characteristic fragrance that is correlated with the presence of essential oils (Silalahi et al., 2021).

Although the Zingiberaceae family is extensive, only a fraction of its genera, namely, *Zingiber*, *Cautleya*, *Etlingera*, *Larsenianthus*, *Meistera*, *Parakaempferia*, *Plagiostachys*, *Rhynchanthus*, *Roscoea*, *Wurfbainia*, *Curcuma*, *Alpinia*, *Kaempferia*, *Boesenbergia*, *Globba*, and *Amomum* have received significant research attention. The morphology, habitat, and ethnobotanical uses of the Zingiberaceae species are diverse (Jatoi et al., 2006). 228 species under 21 genera are distributed in India (Singh and Srivastava, 2020). A lot of ethnobotanical studies on this family have been initiated in North East India (Kulip et al., 2020). Due to a lack of knowledge of the importance of indigenous plant species of the Zingiberaceae in our lives, their production and consumption are still minor (Devi et al., 2014).

The genus *Hedychium* J. Koenig under this family holds significant ethnobotanical and economic value.

Certain species, particularly those displaying aromatic blooms, possess potential for horticultural purposes (Wongsuwan and Picheansoonthon, 2011). *Hedychium* stands out as one of the most exquisite and fragrant flower producers within the Zingiberaceae family (Sanoj et al., 2013).

Hedychium and indigenous knowledge

Hedychium comprises around 101 accepted species and is the most diverse in the Southeast Asian countries. The primary hubs of diversity was seen in humid, high-altitude climatic regions found in countries such as India, China, Indonesia, Myanmar, Vietnam and Malaysia. Within India, the Northeast region is home to 42 species and 2 varieties (Singh and Srivastava, 2020). Taxonomically, it is a challenging genus due to the existence of multiple species complexes –(Saryan et al., 2020). *Hedychium* contains epiphytic or terrestrial plants that have strong roots from a perennial rhizome that creeps (Naik and Panigrahi, 1961).

Several perennial rhizomatous plants of the genus *Hedychium* are used in traditional folk medicine and perfumery. In the traditional medicinal system, it is used to cure conditions including asthma, diarrhoea, nausea, stomach ailments, inflammation, and tumours. (Mohanty et al., 2023).

The compounds discovered in *Hedychium* species include coronarin D, isocoronarin D, linalool, and villosin. coronarin D has antibacterial, antifungal, and antitumor properties. Isocoronarin D, linalool, and villosin, has cytotoxicity effect on tumour cell lines. The most potent chemicals in *Hedychium* essential oils are linalool and pinene. Different species of this genus are used for edible purposes. Many of them are directly used as vegetables and spices and also used in combination of beverages. *Hedychium spicatum* and *Hedychium forrestii* are the most widely used species as food stuff. The fruits of *H. spicatum* are simply cooked as side dish along with lentils. Most research work published and recognized in this genus was based on *H. coronarium* and *H. spicatum* (Tavares et al., 2020). All the species have its own therapeutic potential, but the ethnomedicinal value can be highly observed in *H. coronarium* and *H. flavescens* (Savithramma et al., 2007).

Methodology

The literature review regarding the ethnobotanical aspects *Hedychium* was based on original research data retrieved from online websites, thesis, journal articles and relevant books. Finally, efforts were made to cross-check all the data and findings from different sources. Relevant data were extracted, compared, and categorized based on thematic areas such as traditional medicinal applications and ecological significance.

Result

Zingiberaceae is a family having valuable traditional

Table 1 : Traditional uses of *Hedychium* across various fields.

Traditional uses of <i>Hedychium</i> sp.		
	Medicine	
	Urinary infections Diarrhoea Tonsillitis Headache Abdominal pain Antidote Asthma Measles Myopic eyes Jaundice	Bone cracks Antirheumatic swellings Leucorrhoea stomach pain Anthelmintic Cataracts Schistosomiasis Cough Febrifuge Fever
		High blood pressure Dizziness Vomiting Body pain Halitosis Indigestion Liver disease Toothache Piles Sore joint
	Food	
	Vegetables Flavouring agents	
	Ornamental	
	Attractive flowers Pleasant smell	
	Industries	
	Perfume Essential oil	
	Cultural	
	Sacred rituals Religious Ceremony Worship of Buddha	

knowledge and is traditionally used by villagers for various purposes. The plants were used as medicine, drink, food, and ornaments. Specifically, 48% of the plants were used as medicine, 31% as drink, 19% as food, and 2% as ornaments²⁵ (Nontasit et al., 2015) (Fig. 1).

The "Kambui" is the common name for *Hedychium* in the villages of the Tamenglong district of Manipur (Daimei and Kumar 2014). The *Hedychium* is a major group of medicinal plants found in folk medicines worldwide, known for their effectiveness in treating various ailments such as allergies, cancer, diabetes, inflammation, and skin problems. They also serve as analgesics, antimicrobials, anti-helminthics, antioxidants, and insect repellents. Some species are used in human diets as vegetables, spices, or beverages. Traditional medicinal uses of different *Hedychium* species and their potential sources of new bioactive natural compounds are reported in various geographic regions and have been documented in the literature. Crushed leaves and rhizomes of *Hedychium* species are used as cataplasms to treat cuts and wounds. For the recovery of weak blood circulation and postpartum, the decoction of rhizomes is consumed (Tavares et al., 2020). In the analysis of the composition of essential oil and yield of dried rhizomes of eight

Hedychium species, such as *Hedychium matthewii*, *H. forrestii* var. *forrestii*, *H. forrestii* var. *palaniense*, *H. coronarium*, *H. flavescens*, *H. flavum*, *H. venustum*, and *H. spicatum* from the Western Ghats of India identified a

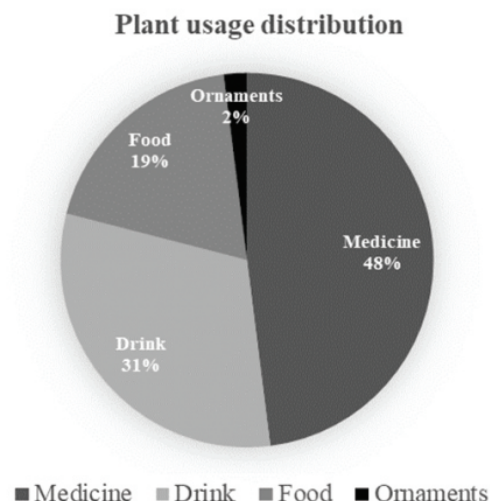


Fig. 1 : Usage distribution of different species of Zingiberaceae across various fields.

total of 73 components. Almost 90% of the oil constituents are obtained from *Hedychium matthewii* (31 compounds) while *H. forrestii* var. *forrestii* had the lowest identification at 66.41% (36 compounds) (Thomas and Mani, 2023).

Therefore, the *Hedychium* genus holds great significance as a traditional medicinal plant globally. The ethnobotanical applications of these plants are outlined in Table 2.

***Hedychium coccineum* (Buch–Ham.) Smith.**

Hedychium coccineum, commonly called scarlet Ginger is grown for its attractive red-orange flowers. Within the valley districts of Manipur, residents find these plants appealing for their ornamental use, given the allure of their splendid flowers (Devi et al., 2014). In the Tamenglong village of Manipur, the plant is frequently recognized by the locals under the name Pongshing, Khongshing. The rhizome of this species holds significance in ethnobotanical practices, serving both as an ornamental plant and in the treatment of urinary problems. It is often found in forested areas (Daimei and Kumar, 2014). The Zeliangrong ethnic group of Manipur is locally called this species as Singrapabe and used for the treatment of constipation (Panmei et al., 2019) (Table 2).

Hedychium coccineum is commonly found in the regions of Arunachal Pradesh and Mizoram and is locally referred to as Aichhia in Mizoram and Mansila in Lohit, Arunachal Pradesh. The local communities harness the power of its rhizome, by using a paste made from it to treat swelling resulting from bruises and wounds (Tushar et al., 2010).

***Hedychium coronarium* J. Koenig.**

Hedychium coronarium, commonly called as White ginger lily, is known for its aromatic flowers and is cultivated as an ornamental plant in home gardens. In Udorn Thani Province, Thailand, *Hedychium* species are considered in traditional aspects for their ornamental and ritual uses. The flowers are used to pay respect to the Buddha (Saensouk and Saensouk, 2021). They have been utilized in folk medicine in the past to cure symptoms such as gastrointestinal issues, respiratory disorders, skin problems, and as a remedy for overall well-being (Tribess et al., 2015). The rhizome was found beneficial for the treating the various health conditions including snake poisoning, fever, diabetes and headache. Also it has anti-inflammatory and anticancer property (Das and Nayak, 2023).

The traditional medical practitioners in Republic of Suriname used all the parts of this plant from centuries to treat infections caused by microbes and parasites. The flowers and rhizomes were used in Southeast Asian dishes. It is highly rich in cellulose, so the dried stems are very useful in paper manufacturing industries (Mans et al., 2019).

The *Hedychium coronarium*, was very popular among the Phu Thai ethnic group of Nakhon Phanom province, Thailand. They used it for treating various ailments and they locally called it as Ma ha hong or Sai hern (Pholhiamhan et al., 2018). The plants of Zingiberaceae family were used for traditional healing practices by the residents of Khao Luang National Park, Thailand. They make use of most of the genus of this family including *Hedychium* for preparing herbal medicines "" (Nontasit et al., 2015). The villagers of Assam and Arunachal Pradesh use this plant for gardening, and rhizome has medicinal value, so they treated against fever, rheumatism and some kind of swellings (Skaria et al., 2005, Tushar et al., 2010). In Rajouri and Poonch Districts of Jammu and Kashmir, the tribes like Gujjar and Bakerwals consumes 10 gram of sun-dried rhizome in powdered form along with food to treat abdominal pain. The local name of *H. coronarium* among them was Jungli-Haldi (Shah et al., 2015).

Kambui phuanmei and Longnang is the common name of *H. coronarium* in Tamenglong district, Manipur. They used it for religious programmes as well as medicinal purposes in curing digestive problems. But in valley districts, it is used for the treatment of vomiting (Daimei and Kumar, 2014; Devi et al., 2014). The common name of *H. coronarium* in South-western Maharashtra is Sontaka. When bone was fractured, they pour boiled water of the leaves in bone injured parts of animals for healing (Kasarkar and Kulkarni, 2016). It is locally known as Takhellei angouba in the scheduled community of Andro village in Imphal East District, Manipur. It grows in the wild and homestead gardens for its beautiful, scented flowers. It holds ethnomedicinal value, as its rhizome acts as a powerful antioxidant. Crushed leaves are utilized to manage nosebleeds and sinusitis, while a rhizome decoction is employed for treating fever, cough, leucorrhoea, and gynaecological disorders (Singh and Sharma, 2018).

In Antioquia, Colombia, it is used for the treatment of snakebites by bathing in a decoction of its roots (Vásquez et al., 2015). The comprehensive review of traditional medicinal plant use in Mauritius mentions the use of ginger lily in polyherbal formulations for the treatment of rheumatoid arthritis (Suroowan et al., 2019) (Table 2).

Hedychium flavescens

Hedychium flavescens, commonly known as yellow ginger lily is utilized for treating various skin infections and has multiple medicinal uses. It is boiled alongside locally produced common salt to create a gargle for throat swellings, and it is also ingested to alleviate abdominal swellings, colic, and piles. The juice of rhizome along with honey, is consumed for respiratory related problems (Singh and Sharma, 2018).

Tamenglong villagers in Manipur locally called it as Kambui and Nzinhmei and is used in gardens and

medicinal systems (Daimei and Kumar, 2014). Sakaitany is the local terms among Madagascar villagers, and they used the leaves for tooth cavity (Ranjarisoa et al., 2016). The local name of this plant among Dongria Kandha tribe in Odisha is Penu ada. Usually, they make a paste of rhizome to apply in skin for the relief of skin diseases and inflammatory problems. In the autumn festivals of tribes on worshipping the God, Dharani Penu or Niyam Raj, they often use the flowers of *H. flavescens*. Newly married women also wear these flowers on their hair as part of culture (Misra and Sahoo, 2015).

***Hedychium flavum* Roxb.**

Yellow butterfly ginger is the common name of *Hedychium flavum*. It is an aromatic plant used frequently in Vietnam, as medicine, food supplement, and ornamental. It is also important in essential oil extraction (Dai et al., 2014). The villagers in the valley districts of Manipur use the tender shoot as vegetable and flavouring in food items (Devi et al. 2014).

***Hedychium forrestii* Diels.**

Hedychium forrestii, commonly known as orange filament ginger is also used as ornamentals medicines and food supplement. (Rachkeeree et al., 2018). In Tamenglong village of Manipur it is locally called as Kambui and is used in gardening and treating wounds (Daimei and Kumar, 2014).

***Hedychium gracile* Roxb.**

Hedychium gracile is commonly known as Dainty ginger lily, with delicate and fine graceful structure (Ray et al., 2019). The Tamenglong villagers in Manipur locally called it as Kambui. It is an ornamental plant where the rhizome and inflorescence is commonly used as flavouring agent. (Daimei and Kumar, 2014).

***Hedychium marginatum* C.B. Clarke.**

Takhellei is the common name used for *H. marginatum* in some villages of Manipur, and some others in the Thoubal district of Manipur called it as Takhelei angangba. They mainly take this plant in religious purposes, flavouring agent in various dishes, and traditional healing practices (Sanjoy et al., 2022 ; Devi et al., 2015) (Table 2). Within the valley districts of Manipur, these plants are favoured by villagers primarily for their captivating flowers, which serve as key ornamental features (Devi et al., 2014).

***Hedychium rubrum* Rao & Verma.**

Hedychium rubrum, indigenous to lightly wooded environments in Asia, graces its natural habitats with its presence. It have graceful inflorescence and is commonly used as an ornamental plant (Bhaigyabati et al., 2014). The Tamenglong villagers in Manipur locally called it as Kambui haenghmei. The rhizome is are majorly used to treat gastrodynia, (Daimei and Kumar, 2014).

***Hedychium stenopetalum* Lodd.**

Hedychium stenopetalum is commonly used as an ornamental plant. Its blossoms exhibit a charmingly orbicular form and emit a delightful, sweet fragrance. Its presence is primarily confined to the elevated hill regions in the picturesque landscapes of Manipur (Sarangthem et al., 2013). Within the rural landscapes of Tamenglong, situated in Manipur, the plant identified as Kambui enjoys a significant reputation among the indigenous inhabitants. The rhizome and inflorescence of this species are harnessed for ethnobotanical purposes, particularly in the management of high blood pressure and dizziness (Daimei and Kumar, 2014) (Table 2).

***Hedychium spicatum* Sm.**

Hedychium spicatum, commonly known as spiked ginger lily, is a perennial rhizomatous herb that has a long history of traditional use and has been studied for its various medicinal properties. In Ayurveda, it is known as "Kapur Kachri" and has been used for its medicinal properties. Most commonly, the rhizomes of *H. spicatum* have been used for their antiasthmatic properties – (Sravani and Paarakh, 2011). Clinical studies have shown its effectiveness in the treatment of asthma and tropical pulmonary eosinophilia (Savithramma et al., 2007) (Table 2).

"Kapur kachri oil," made from the extract of rhizome is very aromatic, and is commercially valuable due this property. The juice of the rhizome has blood purifying effect and is also used for indigestion and inflammations in traditional systems. It is also used in treating some eye diseases. Some reports suggest that it has hypoglycaemic, vasodilator, spasmolytic, and hypotensive activities. An anticancerous drug named PDMA 28 is known to made from this plant (Giri et al., 2010). Both powdered and paste form of the rhizome is used as antiseptic and carminative. It is very popular in Ayurveda and Unani system of medicine. It has a smell of camphor, so it is used as a substitute for *Curcuma zedoaria* (Skaria et al., 2005).

Kambui is the local term for *H. spicatum* among Tamenglong villagers in Manipur, and is common among the garden and roadsides of the village. They traditionally used for the relief of colic diarrhoea. (Daimei and Kumar, 2014). The ethnic communities of Parbat district in western Nepal take 3 to 5 teaspoons of rhizome decoction twice a day to treat high fever (Malla et al., 2015). Manipur, Meghalaya, Mizoram, and Arunachal Pradesh in India, uses *H. spicatum* as indigenous medicine for the treatment of respiratory and digestive problems. (Tushar et al., 2010).

***Hedychium thrysiforme* (Buch–Ham.) Smith.**

Hedychium thrysiforme is very common in the roadsides of the tranquil rural area of Tamenglong, Manipur, they locally called it as Kambui. Ethnobotanically they used as an antiseptic drug (Daimei and Kumar, 2014).

Table 2 : Ethnobotanical uses and applications of different species of *Hedychium*.

<i>Hedychium</i> species	Plant parts used	Uses	References
<i>H. angustifolium</i>	Rhizome, inflorescence	Ornamental and folk medicine	(Sanjoy <i>et al.</i> , 2022)
<i>H. aurantiacum</i>	Rhizome, inflorescence	Ornamental and folk medicine	(Sanjoy <i>et al.</i> , 2022)
<i>H. chrysoleucum</i>	Young inflorescence, shoots, rhizome, seeds	Ornamental and vegetables	(Daimei and Kumar, 2014)
<i>H. coccineum</i>	Rhizome, leaves	Ornamental, vegetables, urinary problems, swelling caused by bruises and wounds and jaundice	(Daimei and Kumar, 2014) (Devi <i>et al.</i> , 2014) (Tushar <i>et al.</i> , 2010) (Panmei <i>et al.</i> , 2019)
<i>H. coronarium</i>	Leaves, young inflorescence, shoots, rhizome, seeds, and roots	Ornamental, vegetable, analgesics, hair tonic, vomiting, fever, stomach ache, febrifuge, Schistosomiasis, cough, leucorrhoea, gynaecological disorders, antirheumatic swellings, anthelmintic, mild tranquilizer, bone cracks, joining the bones in animal, nose bleeding and sinusitis, Earache, diarrhoea, gargling to treat oral infection, tonsillitis, and bad breath, sedative, anti-inflammatory, headache and fever, bathing, abdominal pain, antidote and side effects caused by snake bite, stimulant, carminative, perfume, versicolor, flu in children, asthma, measles, jaundice, and internal body heat, myopic eyes and cataracts.	(Daimei and Kumar, 2014) (Devi <i>et al.</i> , 2014) (Pitopang <i>et al.</i> , 2019) (Aziz <i>et al.</i> , 2009) (Kasarkar and Kulkarni, 2016) (Singh and Sharma, 2018) (Castro <i>et al.</i> , 2011) (Tribess <i>et al.</i> , 2015) (Yazbek <i>et al.</i> , 2019) (Vásquez <i>et al.</i> , 2015) (Shah <i>et al.</i> , 2015) (Coe and Anderson, 2005) (Valadeau <i>et al.</i> , 2010) (Sirirugsa, 1998) (Chaithra <i>et al.</i> , 2017) (Wardana, 2023)
<i>H. ellipticum</i>	Rhizome	Fever	(Malla <i>et al.</i> , 2015)
<i>H. forrestii</i>	Rhizome	Ornamental, vulnerary, stomach pain, indigestion, relieve stiff and sore joints	(Daimei and Kumar, 2014) (Rachkeeree <i>et al.</i> , 2018)
<i>H. flavescens</i>	Roots, tubers, leaves	Headache, high blood pressure, ornamental, fever, stomach-ache, schistosomiasis, skin infections, gargling in throat swellings, abdominal swellings, colic and piles, chest congestion, cough, asthma, bronchitis, and tooth cavity	(Daimei and Kumar, 2014) (Pitopang <i>et al.</i> , 2019) (Singh and Sharma, 2018) (Ranjarisoa <i>et al.</i> , 2016)
<i>H. flavum</i>	Young tender shoots, rhizome, flower	Ornamental, vegetable, and food flavouring agent	(Devi <i>et al.</i> , 2014) (Dai <i>et al.</i> , 2014)
<i>H. longicornutum</i>	Root, whole plant	Earache, and intestinal worms	(Sirirugsa, 1998)
<i>H. marginatum</i>	Flowers, rhizome	Ornamental, and Folk medicine	(Devi <i>et al.</i> , 2014) (Sanjoy <i>et al.</i> , 2022)
<i>H. maximum</i>	Rhizome, inflorescence	Ornamental, folk medicine, and socio-religious uses	(Sanjoy <i>et al.</i> , 2022)
<i>H. gracile</i>	Rhizome, inflorescence	Ornamental and flavouring agent	(Daimei and Kumar, 2014)

Hedychium species	Plant parts used	Uses	References
<i>H. rubrum</i>	Rhizome, inflorescence	Ornamental and gastrodynia	(Daimei and Kumar, 2014) (Bhaigyabati <i>et al.</i> , 2014)
<i>H. spicatum</i>	Root, Rhizome, inflorescence	Ornamental, colic diarrhoea, cosmetics, spices, nausea, bronchial asthma, halitosis, vomiting, indigestion, liver complaint, fever, inflammation, snake bite, heating potency to the female, carminative, vasodilator, foul breath, hiccough, tri dosha, laxative to bowel, tonic to the brain, essential oil and incense, body pain and inflammation	(Daimei and Kumar, 2014) (Pitopang <i>et al.</i> , 2019) (Bisht <i>et al.</i> , 2006) (Malla <i>et al.</i> , 2015) (Bhatt <i>et al.</i> , 2009) (Savithramma <i>et al.</i> , 2007) (Prasad <i>et al.</i> , 2023)
<i>H. stenopetalum</i>	Rhizome, inflorescence	Ornamental, high blood pressure, dizziness	(Daimei and Kumar, 2014) (Sarangthem <i>et al.</i> , 2013)
<i>H. thrysiforme</i>	Rhizome, inflorescence	Ornamental and antiseptic	(Daimei and Kumar, 2014)

Conclusion

The genus *Hedychium* comprises 101 species and is the most diverse in Southeast Asia. All the 18 species of *Hedychium* analysed in this review has significant ethnobotanical value. The investigation shows that this genus is majorly used for medicinal purposes indicating its high therapeutic potential. The study emphasizes the relevance of indigenous knowledge in traditional healing practices. When more attention was given to the research on medicinal aspects of *Hedychium*, it promises a wide range of application in current healing practices and drug development. It is also commonly used as vegetables and spices in villages, showing its potential in food culture. The genus *Hedychium* has stunning blossoms and is used as ornamental plant. Therefore, when explored responsibly it will give significant contribution in the field of horticulture also.

पारंपरिक चिकित्सा प्रणालियों में हेडिचियम : एक नृजातीय वनस्पतिशास्त्रीय समीक्षा

आर. कृपाश्री, बिन्से मणि, टिनू थॉमस और सिंजुमोल थॉमस
सारांश

हेडिचियम जे. कोएनिग. अदरक परिवार (जिंगिबेरेसी) का एक वंश है और यह आमतौर पर एशिया के उष्णकटिबंधीय और उपोष्णकटिबंधीय क्षेत्रों में पाया जाता है। इनका उपयोग मुख्य रूप से सजावटी और औषधीय प्रयोजनों के लिए किया जाता है। परंपरागत रूप से, हेडिचियम वंश का उपयोग औषधि के रूप में और सांस्कृतिक समारोहों में किया जाता रहा है। पौधे के प्रत्येक भाग में अद्वितीय औषधीय गुण होते हैं। भारतीय पारंपरिक चिकित्सा पद्धति, विशेष रूप से आयुर्वेद, पाचन, श्वसन और सृजन संबंधी रोगों के उपचार के लिए इस वंश के विभिन्न संयोजनों को प्राथमिकता देती है। इस वंश के पौधों का प्रकंद अदरक जैसा होता है और इसमें तीखा स्वाद होता है, इसलिए इसका उपयोग आमतौर पर खाद्य पूरक के रूप में किया जाता है। प्रकंद ही वह प्रमुख भाग है जिसमें अपार औषधीय क्षमता होती है। हेडिचियम की लगभग सभी प्रजातियों में विभिन्न प्रकार के पारंपरिक औषधीय गुण पाए जाते हैं।

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