

Benefits of GINGER (Ginger/Zangabil is mentioned in the Qur'an)

What are the benefits of ginger?

Ginger is an herb that is used as a spice and also for its therapeutic qualities. The underground stem (rhizome) can be used fresh, powdered, dried, or as an oil or juice. Ginger is part of the Zingiberaceae family, as are cardamom, turmeric and galangal. (Medical News Today/ 12/9/13)