

## QUICK REFERENCE SHEET

# GALANGAL

*Alpinia officinarum*



Part Utilized:  
Root

### PROPERTIES:

Tonic, Stimulant, Analgesic, Febrifuge,  
Antibacterial

### SYSTEMS AFFECTED:

Digestive, Cardiovascular

### POSSIBLE USES:

hiccups, nausea, vomiting, chronic gastritis,  
ulcers, fevers, bacterial and fungal infections



### GENERAL INFORMATION:

Galangal is an herb similar in many ways to Ginger or Turmeric. It has been used in both Chinese and Ayurvedic medicine since ancient times and is still in use today.

Galangal is a bitter herb that is used to promote digestion and stimulate the appetite and the production of digestive fluids. This makes Galangal useful in the treatment of anorexia, indigestion, colic, and stomach ache. Galangal is often used for motion sickness and morning sickness, much as Ginger is. This herb is also traditionally used for upper respiratory tract ailments such as chronic bronchitis and cough. As a mouthwash and a gargle, it is effective for gum inflammation and other inflammation in the mouth and throat, and as a treatment for bad breath.

Galangal, in laboratory petri dishes, has shown an inhibitory effect on many pathogenic bacteria like streptococcus and various strains of staphylococcus, and even anthrax.

The only contraindication for Galangal is for people with ulcers, since Galangal stimulates the secretion of gastric acid.