Shunthi (Aadrak)	
Hindi Name	Sounth, Sonth
English Name	Dry Ginger
Scientific Name & Family	*Zingiber officinale* Roscoe; Family – Zingiberaceae
Part Used	Rhizome (dried)
Main Synonyms	Utkat, Nāgara, Viśvabheṣaja, Katubhadram, Mahousdh
External Morphology	Perennial herb with underground branched aromatic rhizome; erect leafy stem; linear-lanceolate leaves; greenish-yellow flowers in spikes (fresh plant); dried rhizome is buff-colored, fibrous, aromatic
Rasapanchaka & Dosha-Karma	Guna: Laghu, Snigdha (Aadrak- Guru, Ruksha, Tikshna); Rasa: Katu; Vipaka: Madhura (Aadrak-Katu) Virya: Ushna Dosha Karma: Vata-Kapha Shamak
Active Phytoconstituents	Gingerols, shogaols, zingerone, volatile oils
Pharmacological Actions	Digestive, carminative, antiemetic, anti-inflammatory
Important Formulations	Trikatu Churna, Sunthi Churna, Hingvashtaka Churna
Dose	Churna: 1–2 g
To be Noted	Preferred over fresh ginger (*Ārdraka*) in Amapachana and chronic conditions; enhances bioavailability of other drugs

References:

1. Dravyaguna Vigyan, P.V. Sharma Part. II
2. A textbook of Dravyaguna Vigyan, Prakash L. Hegde Vol. II

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