Vanya-ardrak	
Hindi Name	Jangli Adrak / Van Adrak
English Name	Wild Ginger
Scientific Name & Family	*Zingiber roseum* (Roxb.) Roscoe; Family – Zingiberaceae
Part Used	Rhizome
External Morphology	A perennial aromatic herb with underground branched rhizomes; aerial stems erect, leafy, about 1–1.5 m tall; leaves lanceolate, narrow, and arranged alternately on pseudostems; inflorescence dense spikes arising from the base or separate shoots; flowers pink to reddish with yellow markings; fruits capsular containing several seeds. The rhizome resembles ginger but is smaller and more fibrous with a strong aromatic odor.
Rasapanchaka & Dosha-Karma	Guna: Laghu, Snigdha, Tikshna Rasa: Katu Vipāka: Madhura Vīrya: Ushna Doṣa-karma: Kapha-Vata hara
Active Phytoconstituents	Volatile oils, gingerols, shogaols, flavonoids, phenolic compounds
Pharmacological Actions	Deepana (appetizer), Pachana (digestive), Shothahara (anti-inflammatory), Vatakaphahara, Shwasahara (relieves respiratory disorders)
Important Formulations	Used in traditional Ayurvedic preparations for digestive disorders, cough, cold, and inflammatory conditions
Dose	Powder: 1–3 g; Decoction: 20–30 ml
To be Noted	Vanya-Ardraka is considered a wild relative of cultivated ginger and possesses similar aromatic, digestive, and anti-inflammatory properties. It is traditionally used in digestive disorders, respiratory ailments, and as a warming stimulant herb in Ayurveda and folk medicine.

References:

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

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