

FARM FRESH

Superior medicinal herbs and smart foods.



GALANGA

Galanga, (*Alpina galangal*), is well known throughout Thailand as “Kha “ for its distinctively sharp sweet taste and fragrance. Like Turmeric, Galanga is a member of the ginger family and this very popular culinary herb is used in soups and curries.



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Health Benefits

1

Relieve motion sickness

2

Relieve stomach pain,

3

**Helps to stop vomiting,
hiccups and diarrhea**

4

Promote male fertility

5

Relaxes the smooth muscular cells of the blood vessels allowing the blood vessels to expand.



Galanga has been historically used for a wide variety of medicinal purposes. The African-American folk tradition called it “chewing root,” suggesting that galanga can help settle stomachs and aid digestion. Traditional Chinese Medicine prescribes the herb to relieve pain from vomiting as well as hiccups or diarrhea; in addition, traditional healers say its use alleviates morning sickness.

In-Depth Look

1

Ayurveda classifies galanga as a “Vata Shamana” herb used to address inflammation. Modern science has validated this anti-inflammatory properties.

2

Ethyl-p-methoxycinnamate isolated from galanga inhibits inflammation by suppressing interleukin-1, tumor necrosis factor- α and inhibiting the formation of new blood vessels (angiogenesis) by blocking endothelial functions.

This propensity to inhibit the growth of blood vessels has shown to be helpful in the treatment of certain human cancers and could be a promising therapeutic agent for the treatment of inflammatory and angiogenesis-related diseases

3

Galanga is known to inhibit nitric oxide production. Nitric Oxide relaxes the smooth muscular cells of the blood vessels allowing the blood vessels to expand. The effect of inhibiting this expansion of the blood vessels results in a stronger flow of blood, most especially to the extremities. This increased blood flow to the extremities is the reason that galanga has been traditionally used as an aphrodisiac and is included in herbal formulations designed to improve sexual function. It both increases blood flow to the extremities and, and at the same time acts as a carrier to facilitate location-specific delivery of the other ingredients that may be included in the same formulation.

Citation

Mazaheri M. et. al. "Molecular and biochemical effects of alcoholic extract of Alpina galangal on rat spermatogenesis process" Iran J. Reprod. Med. 2014, Nov: 12 (11) 765-70 5.

Fedder MD et. al. "An extract of pomegranate fruit and galangal rhizome increases the numbers of motile sperm: a prospective, randomized, controlled, double-blinded trial" Pub Med. PLoS One. 2014

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