



**OAL  
CHOUHARY**

ELEPHANT FOOT YAM | TURMERIC | GINGER

**BLACK GINGER**

Oalchouhary



**BLACK GINGER**



**Black Ginger** or Black Galangal or 'Krachai Dum' in Thai. **Botanical Name :** **Kaempferia parviflora.** It is an herbaceous plant belonging to the Zingiberaceae family.

Since ancient times, it has traditionally been used as a health promoting, stimulating and vitalizing agent. This plant is very popular for stimulating performance mostly in males.

As dietary supplements, it has been made into various preparations such as medicinal liquor or liquor plus honey, pills (powdered rhizome with honey), capsules and tablets.

In Thai traditional medicine, black ginger has been claimed

to cure allergy, asthma, impotence, gout, diarrhea, dysentery, peptic ulcer and diabetes.

## **Black Ginger Affect on Body.**

- **Anti Plasmodial, Anti Fungal and mild Anti Macrobacterial.**  
Nine flavonoids have been isolated from *Kaempferia parviflora*. Among these, trimethoxyflavone and tetramethoxyflavone exhibited anti-plasmodial activity against *Plasmodium falciparum*. Tetramethoxyflavone possessed antifungal activity against *Candida albicans*, and also showed mild antimycobacterial activity.
- **Excellent Anti Oxidant.**
- **Anti Inflammatory.**
- **Adaptogenic activity.**
- **Anti-malaria**
- **Anti Allergic activity.**
- **Anti cholinesterase activity (prevent and cure Alzheimer's disease).**
- **Anti gastric ulcer effect.**
- **Anxiolytic and antidepressant effects.**
- **Anti obesity effects.**

Black Ginger have also been found to have preventive effect of obesity in mouse however due to increased cardiac vulnerability, Long term usage is not recommended.

## Black Ginger Scientific Information

Scientific Classification	
Kingdom	Plantae
Clade	AngioSperms
Clade	Monocot
Clade	Commelinids
Order	Zingiberales
Family	Zingiberaceae
Genus	Kaemferia

### Black Ginger as an Aphrodisiac.

Many researchs and tests have confirmed that Black Ginger contains Low affinity PDE 5 inhibitors and can be used to improve sperm density, Testosterone level and sexual performance.

### Black Ginger Safety guide

- Maximum dose depends on each country's FDA restrict
- Should not use if under 25 years of age, who are diagnosed with Hypertension, tumors/cancer in Prostate and Benign Prostatic Hyperplasia (BPH) or with heart related disorder. Black Ginger is harmful in large quantities to heart patients and can cause
- Black Ginger has known mild side effect such as underarm sweating and increased Body temperature.
- Black Ginger is also known to increase Whole Body Energy Expenditure.



## **BLACK GINGER**



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## **BLACK GINGER DRIED RHIZOME**



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