

LENGKUAS

Scientific name : *Alpinia galanga* (L.) Willd.
Common name : Greater galangal
Local name : Lengkuas
Family : Zingiberaceae

Introduction

This plant is widely cultivated in tropical Asia where it is commonly used as a spice and in traditional medicine. This medicinal value of this crop was discovered and documented in India as early as 600 AD and therefore lengkuas is believed to have originated from that country. Other than its used in the Ayurvedic medicine, the Malaysian, for centuries as a medicine. Lengkuas rhizome is also the sources of the essential oil, cineol.

Plant Description

Lengkuas is a perennial, erect tall herb that grows up to a height of 2-3 m. The leaves are simple, glabrous and green. The leaf blades are linear-elliptical with entire margin. The rhizomes are creeping, thick, aromatic and robust.

Plant habit

This plant is easily cultivated and propagated through divisions of rhizome.

Plants parts used :

Rhizome

Uses in traditional medicine

The rhizome of lengkuas is used for stomachic properties. An infusion of the rhizome is used for treating rheumatism, fever, impotency, bronchitis, dyspepsia and diabetes. The juice of the rhizome is given with human urine for cobra-bite poisoning. A paste prepared with a little garlic and vinegar is used as a remedy for herpes.

