

Wild uncultivated edible plants of India

Part 16
(.....after part 15)

***Alpinia galanga* (L.) Willd.**
Family: Zingiberaceae

Alpinia galanga, popularly known as *greater galangal*, belongs to the famous ginger family. This rhizomatous member is traditionally well known for its medicinal property and is a popular ingredient in south-east Asian cuisine, especially in Thailand and Indonesia. In India, its culinary use is widely known in the northeastern states of Manipur, Assam, and Nagaland. The aromatic leaves and grounded rhizomes are used for making paste or dips to be consumed with various meaty and soupy cuisines. The boiled leaves and rhizome powder are also useful for preparing beverages like tea. The tribes from Koli hills, Tamilnadu consume the cooked rhizome (*Perattai*) as a vegetable to cure indigestion. In Bihar, popularly known as *Kulinjan*, rhizome, flower, and seeds are in culinary use in myriad ways viz., rhizome as cooked vegetable or ingredient in other dishes, flower as a vegetable, and seeds as a mouth freshener. The nutrient analysis reveals the presence of vitamin C and B complex, dietary fibers, proteins, and minerals (potassium, calcium, phosphorus, magnesium, and iron) which promotes its value in traditional medicine systems.

