Use of *Zingiber officinale* in an amazonian community (NE Pará)

Uso de *Zingiber officinale* numa comunidade Amazônica (NE Pará)

Iracely R. Silva

Clebson S. G. Almeida

Jones S. Moraes

Gabrielle N. F. Silva

Deyvison L. Santos

Rosa M. Rodrigues Lima

Elias M. S. Rodrigues

Fabio S. Pontes Filho

Euzebio Oliveira

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1 INTRODUCTION

The Amazon region is known for its rich biodiversity and, in this context, medicinal plants play an essential role in traditional Amazonian medicine (SANTOS et al., 2020; SILVA et al, 2020; SOUZA, et al., 2020). The community of Vila Nova is 9 km from the headquarters of the municipality of Bragança, in the Bragantina mesoregion of the State of Pará. In it, the management of natural resources is related to traditional values and knowledge that are configured as regulatory elements of the way of life of traditional populations. Ginger has stood out as an effective natural remedy for the treatment of throat problems. Its medicinal and therapeutic properties have been valued for centuries in different cultures around the world. This article presents an investigation on the use of *Zingiber officinale* known as ginger used to combat inflammation of the pharynx.

2 OBJECTIVE

Investigate the use of *Zingiber officinale* used in the Amazonian community of Vila Nova verifying its therapeutic actions in combating pharyngitis.

3 METHODOLOGY

The research had a descriptive qualitative approach, through field research, with the application of an interview to 25% of users, which dealt with preparation, dosage, part of the plant used, route of administration, among others. There was observation, collection of samples of the species that was properly herborized and identified in the laboratory. And later the survey on its therapeutic actions was carried out in the specialized bibliography.

4 DEVELOPMENT

Zingiber officinale is used in the community of Vila Nova to fight inflammation, with tea by decoction being the method most used by informants. The tea is usually made by taking portions of the rhizome to be used with water. *Z. officinale* is popularly known in other regions by the names of ginger, *mangarataia, gingivre, ginger, mangarataia, mangaratiá* (PALHARIN *et al*., 2008). The essential oil of ginger is highly appreciated in the pharmaceutical industry due to its anti-inflammatory, antibacterial and antitumor properties (CORRÊA, *et al.* 2003). The rhizomes of *Zingiber officinale* present in their essential oil several compounds, the main ones being Gingerol, zingiberene (bactericidal), zingerone, β-phellandrene, citral, camphene and 1.8 cineol (PALHARIN, 2008, p.3) in addition to β-bisabolene, which is mainly responsible for offering citrus characteristics to fruits and plants. This compound has also been shown to be effective in fighting various types of cancer (AZAMBUJA, 2016).

The research made it possible to confirm that the chemical properties of the species studied corroborate with the use employed in the community of Vila Nova, which uses *Z. officinale officinale* to combat inflammation in the throat mainly due to the presence of 1,8-Cineol and Zingerone which are chemical compounds that have anti-inflammatory, antitumor, antiallergic and bactericidal function. Studies are yet to be conducted to understand its efficacy and toxicity.

5 FINAL CONSIDERATIONS

Ginger contains bioactive compounds that give it anti-inflammatory and analgesic properties acting as an inhibitor of the production of inflammatory substances reducing swelling and irritation. In addition, it has antimicrobial properties, which means that it can fight bacteria and viruses that cause throat infections. Studies have shown that the compounds present in ginger can be a valuable ally in fighting throat infections, helping to speed up the recovery process. It is also important to note that ginger should not replace proper medical treatment, especially in cases of severe vomiting. However, as a natural supplement, ginger can provide symptomatic relief and aid recovery.

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