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Phytochemistry, Medicinal and Pharmacological Effects of *Zingiber Officinale*

Muhammad Tayyab Aslam

Department of Eastern Medicine, Government College Faisalabad.

Momina Iftikhar

Department of Eastern Medicine, Government College Faisalabad.

Muhammad Talha Khalil

Department of Eastern Medicine, Government College Faisalabad.

Hina Anwar

Department of Eastern Medicine, Government College Faisalabad.

Sabira sultana

Department of Eastern Medicine, Government College Faisalabad.

El Hadji Seydou Mbaye

BCNet International Working Group, IARC/WHO,Dakar, Senegal

Arashi Shahid

University of Agricultural Faisalabad, Pakistan

Rizwana Dilshad

Swedish College of Pharmacy and Allied Health Sciences, Rahim Yar Khan, Pakistan

Aqsa Afzal

Faculty of Pharmacy, Department of Pharmaceutics, Bahauddin Zakaria University Multan.

Rabia Nisar

Department of Pharmaceutical Chemistry, Faculty of Pharmacy, The Islamia University Bahawalpur

Maria Rasul

College of Allied Health Science Government college university Faisalabad

Syed Adnan Rahmat

School of Public Health, Hebei Medical University, Shijiazhuang, China

Shahlla Umbreen

Department of Eastern Medicine, Qarshi University, Lahore, Pakistan

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Hira Abbasi

Department of agronomy University Poonch Rawalakot

Hamza Rafeeq

Department of Biochemistry, Riphah International University, Faisalabad Campus, Faisalabad

Saba Waris

Department of Biochemistry, Riphah International University, Faisalabad Campus, Faisalabad

Kainat Zaffar

Department of Eastern Medicine, Government College University, Faisalabad Pakistan

Muhammad Amir

Medical Research Institute, Southwest University, Chongqing 400715, China

Khalid Liaqat

Department of Eastern Medicine and Surgery University of Poonch, Rawalakot

Arsalan Abid

Department of Nursing and Community Health, Faculty of Public Health, Glasgow Caledonian University Glasgow

Ameer Muhammad

Department of Eastern Medicine, Government College University, Faisalabad Pakistan

Muhammad Ramzan Kaleem

Department of Eastern Medicine, Government College University Faisalabad Pakistan

Muhammad Akram*

Department of Eastern Medicine, Government College University Faisalabad Pakistan. Corresponding Author: muhammadakram@gcuf.edu.pk

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ABSTRACT

Autoimmune, allergy, and viral diseases can cause paranasal sinus inflammation, commonly referred to as sinusitis or rhinosinusitis. In medicine, the existence of bacterial biofilm is an urgent issue. The initial stages of biofilm formation involve bacterial adherence to the surface and the production of extracellular polymeric polymers (EPS). For approximately 2500 years, traditional medicine has made use of ginger, or *Zingeber officinale*. The Imtiaz Local Store in Faisalabad is where *Zingeber officinale* was obtained. The sample had been crushed into a fine powder after drying. The maceration process has been utilized for extraction in several solvents. FTIR and HPLC investigations were used to characterize the extracts. Total phenolic content, total flavonoid content, and DPPH radical scavenging activity were measured in order to perform antioxidant profiling of the *Zingeber officinale* formulations. Several ginger extracts were tested for their ability to avoid creating biofilms and had antibacterial properties against mixed Gram positive and Gram negative bacterial strains. Employing the agar well diffusion method, Zingiber officinale's antibacterial activity was evaluated against a variety of Gram-positive and Gram-negative bacterial strains. The microtiter plate approach was used to suppress biofilm. Each of the twelve treatments had three replications. ANOVA was utilized for data analysis, and the Tuckey test was used to evaluate the means.

Keywords: Antioxidant, Antibacterial, *Zingiber officinale*, Pharmacological Activities Phytochemistry, Medicinal Plants.

1. Introduction

A frequently used medicinal plant in the Zingiberaceae family is ginger (Zingiber officinale). The rhizome or root of a flowering plant is frequently used as a spice and in traditional products. Ginger plants with some genetic variation have been identified from tropical rainforests in southern Asia and the Indian subcontinent. Ginger, which grows well in warm climates, is widely grown in many nations, including Bangladesh, Nigeria, Taiwan, India, and Jamaica. It has been recognized as one of the most often used herbs in traditional medicine across the globe. Ginger has long been used in Chinese traditional medicine as a digestive aid, anti-nausea drug,

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and therapeutic agent for conditions like bleeding and rheumatism. In addition to these usages, ginger has been reported to provide therapeutic benefits for toothaches, baldness, snakebite, and respiratory problems (Imo et al., 2019)

Its true origins are uncertain because it was not discovered growing in the wild. Since ancient times, ginger has been used as an aromatic component and its medicinal qualities were highly valued. More than 2000 years ago, it was a major commodity that was exported from India to the Roman Empire. Ginger remained to be in high demand in Europe even after the fall of the Roman Empire, and Arab traders controlled the spice trade for centuries. Ginger remained in high demand in Europe during the Middle Ages, and preserved ginger was transported in for use in confections (Ansari et al., 2021).

Table 1: ***Scientific Classification of Ginger***

Kingdom	**Plantae**
Division	Magnoliophyta
Class	Lilopsida
Order	Zingiberales
Family	Zingiberaceae
Genus	Zingiber
Species	Zingiber officinale

This multipurpose plant is widely used in traditional medicine and food all over the world. Ginger has been used for generations to treat a range of gastrointestinal disorders because of its potent antiemetic properties, which successfully minimize nausea and vomiting. Substances known gingerols are present in the rhizome of ginger and are responsible for some of its health benefits (Bag, 2018).



Figure 1. Ginger (Zingiber officinale) rhizome

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Ginger contains various active ingredients. The most common substances are terpenes and phenolic compounds. 6-gingerols, 8-shogaols, and paradols constitute the majority of ginger's phenolic components.The most active ingredients in ginger that are terpenes and phenolic compounds (Mao et al., 2019). It is frequently used to relieve colic and atonic dyspepsia.Ginger is a common spice employed in traditional eastern medicine in India to treat colds, rheumatism, and stomach issues. It acts on peripheral anti-cholinergic and anti-histaminic receptors, histamine receptors, and 5-hydroxytryptamine receptors in the gastrointestinal system. Ginger's potential to suppress prostaglandin synthesis is responsible for its beneficial effects on headaches and pain symptoms. Additionally, it is thought that ginger inhibits 5-lipoxygenase, which lowers the formation of leukotrienes. It effectively relieves menstrual cramps due to its strong anti-inflammatory effect on prostaglandin synthesis. In particular, the FDA has approved the use of ginger as a safe treatment for morning sickness during the first trimester of pregnancy. Ginger can significantly reduce the symptoms of morning sickness when eaten in the recommended quantity (Al-Awwadi et al., 2017).

The treatment of illnesses is becoming increasingly difficult due to superbugs, which are bacteria that have become resistant to numerous treatments. Due to their ability to avoid the immune system, microorganisms that are sensitive to antibiotics may tolerate antibiotic therapy. Therefore, in order to tackle the burden of disease caused by antibiotic resistance, it has grown essential to investigate and develop a wide range of effective therapeutic alternatives or complements to conventional antimicrobial therapy. One of the most significant advances in modern medicine has been the development of antibiotics. They have been essential in preventing infections in patients with compromised immune systems, such as those receiving organ transplants or chemotherapy (McCulloch et al., 2022).

The sinuses, which are moist, hollow chambers that drain mucus and other fluids into the nose, are situated behind the facial bones. A variety of factors, including infections, allergies, edema, and nasal congestion, can irritate and infect the sinuses. A condition referred to as sinusitis can result from mucus and occasionally pus growing up in the sinuses due to improper drainage.Even acute and chronic sinusitis are possible. The common cold or infection are common causes of

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acute sinusitis, which usually goes away in ten days. If a bacterial infection is the cause of some occurrences of acute sinusitis, antibiotic treatment may be required. Impaired ostial patency, mucociliary impairment, allergies, bacterial or fungal infections (or triggers), immune-compromised condition, environmental effects, and genetic predisposition constitute some of the factors that have been identified as potential risk factors for rhinosinusitis (Pathlavath et al., 2022).

The majority of sinusitis cases are brought on by bacteria or viruses. The most common bacterial perpetrators are Moraxella, hemophilus, pneumococcus, and streptococcus. Several conditions, including infections, inflammation, and structural problems, may contribute to chronic sinusitis. Alternative reasons must be taken into account, such as allergic rhinitis caused on by dust mites or molds, exposure to tobacco smoke or airborne irritants, structural issues including nasal polyps or a deviated nasal septum, ciliary dysfunction, immunodeficiencies, and fungal infections. When analyzing the underlying causes of chronic sinusitis, all of these aspects should be investigated. Otitis media, asthma, AIDS, and cystic fibrosis are additional conditions that have been associated with chronic rhinosinusitis (Kwon and Rourke , 2021).

Although they are not frequent, sinus infections can cause problems in roughly 1 in 1000 situations. Infection spreading to the orbit (eye socket), surrounding bones, or brain cavities may be one of these problems. About 80% of orbitofrontal issues associated with sinus infections are caused by orbital infections. However, these issues may lead to serious illness and, in certain situations, even death.

The exceptionally thin ethmoid bone that separates the orbit from the ethmoid sinuses is one of the reasons the orbit is susceptible to infection. As a result, the orbit frequently becomes the site of such issues because infections are more likely to move from the sinuses to the orbit. A popular method for classifying the ocular effects of sinusitis infections depending to their severity is the Chandler classification. In order to prevent these possible problems and guarantee better patient outcomes, sinus infections have to be detected and treated as soon as possible (De Boer et al., 2019).

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2. Medicinal Plants

The use of empirical methods declined as scientific knowledge of medicinal plants grew, and fact-based explanations became more prevalent. Even before iatrochemistry emerged in the sixteenth century, medicinal plants were a major source of both prevention and treatment. Nonetheless, there has been a resurgence of interest in natural medicines lately. This is partially because synthetic medications are becoming less effective and there are more and more contraindications connected to their use. As a result, investigating the possible advantages of natural medicines is becoming more popular. Investigating the possibilities of natural therapies can present intriguing paths for enhancing healthcare and well-being as the globe deals with new health issues and worries about the adverse effects of synthetic pharmaceuticals. We may utilize the potential of medicinal plants to assist our future health by embracing both developments in science and traditional wisdom (Petroyska, 2012).

It is estimated that between 350,000 and over 500,000 vascular plant species roughly 10% of all plant species have therapeutic use. Plants have been used in medicine since antiquity and are still used today. To find useful plants for alleviating illnesses and enhancing wellbeing, trial and error was initially used. This knowledge has been gradually improved over many centuries, resulting in what is now referred to as traditional medicine. The theories, beliefs, and experiences of many cultures serve as the foundation for the collection of knowledge, abilities, and practices that make up traditional medicine. Regardless of whether the underlying mechanisms are fully understood or not, it is used to maintain health, prevent illnesses, diagnose disorders, and to enhance or treat bodily and mental ailments, according to the official definition (Salmeron et al., 2020).The broad spectrum of plant species that are used extensively in herbalism and are recognized for their therapeutic qualities are referred to as medicinal plants. The application of these plant-based compounds in modern medicine demonstrates the continuing significance and relevance of medicinal plants in contemporary healthcare (Rasool, 2012).

Among these important contributions, natural compounds derived from plants have been thoroughly studied as possible sources of novel medications. Antibiotics, antineoplastics, analgesics, cardioprotective chemicals, and other

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therapeutic compounds have all been manufactured from plants. Recognizing the potential benefits of using natural chemicals to prevent various illnesses, people have been employing them more and more in recent years to fight infections. Interestingly, between 70 and 90 percent of the population in economically challenged areas still uses conventional treatments derived from plant extracts (Anand et al., 2019).

Remedial plants are amazing biochemical machines that generate a wide variety of natural chemicals. Many commercial pharmaceutical medications and traditional herbal cures produced from medicinal plants are based on these molecules. These plants are important resources in the food and pharmaceutical industries because their chemical components have a variety of biological effects that might promote human health. Additionally, the rich variety of SMs that exist in medicinal plants is advantageous to the cosmetic, agrochemical, and perfume industries. Many SMs, including alkaloids, phenylpropanoids, and terpenoids, are being intensively investigated by scientists in an effort to create medicinal uses. These studies have a lot of potential for enhanced medicine in the future (Li et al., 2020).

3. Phytochemistry

Traditional medicinal plants include chemical substances called phytochemicals, occasionally known as photo components, which support a variety of physiological and natural processes in living things. It has been established that these non-nutritive chemicals can both prevent and treat a number of infectious diseases. Many active chemicals in therapeutic plants have been found thanks to developments in phytonutrient techniques, and these chemicals are currently used as significant medications throughout modern medical systems.

The majority of the pharmacological activity is caused by these plants' secondary metabolites, which are typically less prevalent than primary components like proteins, lipids, and carbohydrates. Flavonoids (including phytochemicals, polyphenols, and quercetin), phenolic acids (hydroxybenzoic and hydroxycinnamic acids), stilbenes, lignans, quinones, tannins, coumarins (including simple coumarins, furanocoumarins, and furanocoumarins), terpenoids (especially sesquiterpene lactones), alkaloids, and polypeptides are notable for their antibacterial properties. They have the potential to be sources of new, safe antibacterial and antifungal

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chemicals (Mickymaray and Suresh, 2019).

Alkaloids are a diverse class of secondary metabolites that plants generate. They have a variety of unique biological properties and are widely used in medicine. Among the well-known alkaloids that are produced by plants like the opium poppy are atropine and scopolamine, quinine, ephedrine, codeine, and morphine.

Alkaloids are very important, yet little research has been done on their in vitro synthesis. The alkaloid berberine can be identified in a variety of plant species, including Berberis, Argemone, Eschscholzia, and Coptis. This substance affects the body's immune, endocrine, digestive, cardiovascular, and central neurological systems, among other systems. Recent research on berberine production in prickly pear (Argemone Mexicana L., Papaveraceae) in vitro cultures demonstrated an association between alkaloid biosynthesis and the level of tissue organization in the culture system (Wawrosch et al., 2021).

Plants contain bioactive alkaloids that have a variety of biological characteristics, including anti-inflammatory, anti-malarial, and anti-cancer activities. Fungistatic effectiveness against Fusarium oxysporum f. lycopersici, which causes tomato wilt in Solanum and Lycopersicon species, has been established by the first bioactive alkaloid identified in 1945. Plants typically create more alkaloids and their precursors when they are experiencing stress. For instance, Catharanthus roseus produces more indole alkaloids and precursors like vinblastine and vincristine when exposed to UV-B radiation.

It is known that these alkaloids damage the microtubules in the mitotic apparatus, which prevents cancer cells from proliferating. Furthermore, bioactive alkaloids grow up in response to stresses including UV-B radiation, dehydration, and extreme temperatures (Yeshi et al., 2022).Due to their proven ability to lower inflammation, they may be employed as therapeutic agents to treat inflammatory illnesses (Jain et al., 2019).

The main groups of secondary metabolites in plants are terpenes and terpenoids. They are made from acetyl CoA or glycolytic intermediate products. They are soluble in lipids and exhibit an extensive amount of structural variety with more than 50,000 different configurations. Terpenes are essential building blocks of many complex phytohormones, sterols, and pigments. They also support the

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physiological processes and fragrances of plants. Some terpenes have attractive fragrances which attract pollinators, but many also serve as protective poisons and deterrents against herbivores (Khare et al., 2020).

In addition to protecting plants, terpenes and terpenoids are used in the food, pharmaceutical, cosmetic, and flavoring sectors. These substances are physiologically significant because they may reduce a number of symptoms associated with inflammation. They accomplishes this by potentially blocking a number of pathogenic mechanisms that contribute to the inflammatory response. The body's defense against external substances is inflammation, which frequently results from tissue damage and microbial infections. However, insufficient management of inflammatory reactions can result in both acute and chronic inflammatory disorders, which can cause significant or even permanent tissue damage (Masyita et al., 2022).

The group of secondary metabolites known as lignans is created when two or more phenylpropanoid units oxidatively dimerize. These substances are broadly dispersed across the kingdom of plants because they are readily available in many plant sections. More than 70 families of plant species are known to contain lignans, which have been thoroughly examined. Currently, more than 200 traditional lignans and 100 additional lignans have been identified.

Although trimers or tetramers may occasionally be present, lignans are mostly found as dimers in their entirety. The majority of lignans in plants exist in a free state, although some can be conjugated with glycon to generate glycosides and other derivatives. Because of their structural variety, lignans have been studied for a variety of pharmacological actions, including possible antiasthmatic, immunosuppressive, anticancer, antioxidant, and antibacterial qualities. Furthermore, several types of lignans have demonstrated encouraging antiviral properties. These characteristics make lignans an intriguing and worthwhile research topic (Cui et al., 2020).

4. Pharmacological Activities

4.1. Antioxidant Activity

Fruits, vegetables, edible flowers, grains, cereals, herbal teas, and medicinal herbs are examples of natural goods that have antioxidant qualities that can help fight free

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radicals. Ginger is a particularly strong antioxidant among these (Cheng et al., 2022). Effective antioxidants called polyphenols are abundant in the plant ginger. These substances function as potent phytochemicals that successfully treat oxidation-related illnesses. Numerous studies have focused on the antioxidant qualities of the bioactive components found in ginger. Additionally, by prolonging food products' shelf life, antioxidants aid in food preservation. The antioxidant qualities of phenolic compounds, acid-phenols, and flavonoids among the many components of ginger have been extensively examined (Mustafa and Chin, 2023).Taking ginger has been demonstrated to improve the activity of several antioxidant enzymes, such as catalase, glutathione, glutathione reductase, glutathione peroxidase, and glutathione-S-transferase, and to decrease lipid peroxidation in rats. Wistar albino rats supplemented with ginger revealed greater overall antioxidant effectiveness prior to ischemia than a control group. Glutathione peroxidase and superoxide dismutase activity were stabilized by this supplementation, and this additionally led to decreased levels of total oxidants, including decreased

4.2. Antimicrobial Activity

The antibacterial and antifungal properties of ginger essential oil, oleoresins, and extracts have been a focus of several in vitro studies. It is well known that the chemical composition of these goods, the extraction solvent employed, the acquisition method, and the processing methods used on the ginger all affect the successful they perform.

The presence of phenolic chemicals such eugenol, shogaols, zingerone, gingerdiols, and gingerols is the main reason why ginger essential oil, extracts, and oleoresins have antibacterial qualities. These constituents enhance the antibacterial actions of sesquiphellandrene, cis-caryophyllene, zingiberene, farnesene, and bisabolene by interacting in concert with other substances. It should be mentioned that, in comparison to essential oils, oleoresins, and organic extracts, aqueous extracts typically have lower antibacterial activity. This is mostly because many active ingredients are difficult to dissolve in water. Because of its high eugenol concentration, ginger essential oil is particularly recognized for its strong antifungal and antibacterial qualities (Beristain-Bauza et al., 2019).

As with any natural therapy, it is essential to schedule a consultation with a medical

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professional before using ginger to deal with any medical problems (Yadufashije et al., 2020).

Conclusion

Monoterpenes, sesquiterpenes, gingerols, shogaols, paradols, and zingerone are some of the biologically active substances in ginger that have anti-inflammatory, antibacterial, antiviral, and anti-cancer effects in addition to other health advantages. Participation in more randomized clinical investigations is necessary to validate these actions.

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