



Galanga: scientific name *Alpina galangal*



Galanga is well known throughout Thailand as “*kha*” for its distinctively sharp sweet taste and fragrance. Like Turmeric, Galanga is a member of the ginger family and this very popular culinary herb is used in soups and curries.

Galanga powder in the market will most likely have been processed by boiling or steaming as a first step after washing. This is done to remove the raw odor, gelatinize the starch to produce a more uniform color and reduce drying time by softening the fibrous rhizomes. During the boiling/steaming process enzymes are denatured and the value of thermo-sensitive vitamins, essential oils, and other vital ingredients decline. Using Thai Freeze Dry’s “Cellular Fraction-Line Technology” the Galanga is not exposed to heat during any part of the process. This is the “Thai Freeze Dry difference” in line with our mission to revive your relationship to nature’s complete foods. Thai Freeze Dry’s galanga powder is delivered as a complete whole food as nature designed it.

Galanga has a long history of use in various medicinal traditions. In African-American folk medicine galanga is referred to as “chewing root” said to settle the stomach and aid digestion. Galanga is used in many Asian formulations for upper respiratory infections including colds and sore throat. Traditional Chinese medicine prescribes galanga to relieve stomach pain, vomiting, hiccups and diarrhea. Galanga is often used to relieve motion sickness as well as morning sickness. In the Middle East there exists a tradition of using galanga as a remedy for rheumatic pains and arthritis most likely due to its general and specific anti-inflammatory effects.

Ayurveda classifies galanga as a “*Vata Shamana*” herb used to address inflammation. Modern science has validated this anti-inflammatory properties. Ethyl-*p*-methoxycinnamate isolated from *galanga* inhibits inflammation by suppressing interleukin-1, tumor necrosis factor- α , and inhibiting the formation of new blood vessels (angiogenesis)

by blocking endothelial functions. This propensity to inhibit the growth of blood vessels has shown to be helpful in the treatment of certain human cancers and could be a promising therapeutic agent for the treatment of inflammatory and angiogenesis-related diseases.

Galanga is known to inhibit nitric oxide production. Nitric Oxide relaxes the smooth muscular cells of the blood vessels allowing the blood vessels to expand. The effect of inhibiting this expansion of the blood vessels results in a stronger flow of blood, most especially to the extremities. This increased blood flow to the extremities is the reason that galanga has been traditionally used as an aphrodisiac and is included in herbal formulations designed improve sexual function. It both increases blood flow to the extremities and, at the same time acts as a carrier to facilitate location-specific delivery of the other ingredients that may be included in the same formulation.

Galanga may help to promote male fertility. Animal studies showed increased sperm count and mobility (4) and a study in Denmark where galangal was combined with pomegranate fruit extract found a 3X increase mobile sperm in healthy human males. (5)

A defining ingredient in galanga is flavonol galangin known to have antimicrobial and antibacterial effects on anthrax bacillus, hemolytic streptococcus and strains of staphylococcus. Galanga is effective in cases of amoxicillin-resistant E.coli and has been shown to reverse amoxicillin resistance in some strains. H. pylori bacteria, one of the most common bacteria is eliminated by flavonol galangin.

There is a growing body of scientific research supporting the use of galangal to help fight a broad range of human cancers and tumors. One study indicates that galangal significantly destroyed gastric cancer cells. (6) The National Chaiyi University in Taiwan conducted a study which identified three compounds from galangal that stopped the growth of human melanoma (skin cancer). (7) A 2017 lab study identified compounds in galangal that halted the growth of pancreatic cancer cells and suppressed gene pathways that expanded the cancer's impact. (8) In 2013 scientists found that galanga caused cell death on two types of colon cancer (9) and in 2014 galanga caused apoptosis (cell death) on human breast cancer without harm to healthy cells. (10) Hepatic (liver) cancer known to easily spread (metastasize) to other organs was influenced by compounds found in galangal which decrease the rate of metastasis by stopping transfer to healthy cells. (11) Bile duct cancer studies in Thailand (2017) found that extract from galangal extended the life span and decreased the incidence of metastasis in mice without noticeable side effects. (12)

End Notes:

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