# Vertus Magiques Du Galanga

#### Valérie Petinot

Jehan de Louvegny, apothicaire amiénois de 1487 à 1520 Octave Émile Florent Thorel,1908 Mémoires de la Société des antiquaires de Picardie Société des antiquaires de Picardie,1908 Memoires Société des antiquaires de Picardie,1908 Publications de l'Institut des hautes études marocaines ,1918

Jumièges : Congrès scientifique du XIII. centenaire, Rouen, 10-12 juin 1954 Congrès scientifique du XIII. centenaire de Jumièges, Rouen, 1955

Le Figaro Magazine ,1990-03

Alpinia galanga Valérie Petinot, 2005 Alpinia galanga (L.) Willd., le grand galanga, est une plante herbacée aromatique et comestible de la famille des Zingibéracées, originaire du sud-est de l'Asie. Il est difficile de distinguer le rhizome d'A. galanga, partie de plante la plus utilisée, de celui d'Alpinia officinarum Hance ou petit galanga, espèce plus connue en France. Le rhizome d'A. galanga, odorant et piquant, est un rhizome tubéreux, rougeâtre en surface, présentant des anneaux circulaires caractéristiques. A. galanga est une plante d'une grande richesse sur le plan des métabolites secondaires. Son huile essentielle, riche en cinéole présente une composition qualitative et quantitative variable selon les études. D'autres constituants identifiés sont des flavonoïdes, des shogaols, des néolignanes et des phénylpropanoïdes, dont le principal étudié est l'acétate d'acétoxychavicol. Des articles récents ont mis en évidence les propriétés antitumorales de l'acétate d'acétoxychavicol sur différents modèles animaux. Certaines études évoquent l'activité antioxydante d'A. galanga et d'autres travaux montrent un intérêt potentiel de la plante dans des indications essentiellement digestives, rhumatologiques, infectieuses. A. galanga est une plante utilisée depuis des siècles en Asie, dont la consommation orale semble sans danger. C'est souvent le rhizome qui aromatise soupes, curries et viandes. Ses vertus dans la médecine traditionnelle asiatique sont essentiellement digestives, articulaires, cutanées et bronchopulmonaires.

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