

Fingerroot

The King of Thai Local Herbs

Just by reading the topic, many of you must have the question in your mind of whether it sounds too great to be true for a Thai local herb like fingerroot. However, if you learn all the benefits of the fingerroot, you will know that what is written here is not different from the truth. In comparison, if the King of Korean Herbs is the ginseng, the King of Thai Herbs must definitely be the fingerroot.

Another name of the fingerroot is Thai ginseng since the fingerroot and ginseng have many things in common. For example: Both of them can provide restoration and enhance erectile dysfunction. Fingerroot and ginseng are plants with underground food storage that are used as medicine. They can grow in the dark and their shape looks like a human body. There are 3 types of fingerroot, which are black fingerroot, red fingerroot, and yellow fingerroot. Fingerroot that is popular for use in cooking is the yellow fingerroot. We often use fingerroot in foods like juggle curry or spicy stir-fry. The part that is popular to use for cooking is the food storage roots or what is called "fingerroot roots". The roots of these fingerroot have a unique aroma and can be used as a vegetable dip. However, most people often use them as spices because it can get rid of the fishy smell from meat and fish.

Do not underestimate the ordinary fingerroot because their herbal properties are second to none. They are easy to buy, available for sale everywhere, and cheap. Fingerroot is the source of vitamins, especially Vitamin B and Curcumin that help to reduce inflammation and infection as well restrain the growth of bacteria. Moreover, they can create hormone balance in females and males.

It is not unusual for anyone to choose fingerroot as a helper in maintaining their strength like young people, similar to consuming ginseng.

For Thai people, we might be familiar with using the black fingerroot as herbal spices whereas the yellow fingerroot is used in the cooking pot. However, from recent research, it was found that the yellow fingerroot that we eat everyday has more benefits than the black fingerroot. While Thai people have just discovered the miracle of fingerroot, a big nation like China has been eating fingerroot instead of ginseng for a long time with the belief that though both provide medical benefits, the fingerroot will be better released naturally. As for the ginseng, if taken regularly, ginseng will circulate in the bloodstream with no excretion and it could be harmful later. The blood will thicken and the blood circulation may be obstructed. However, there is no research at present that can confirm the belief regarding ginseng and fingerroot clearly.

Fingerroot is not only a medicine that provides many benefits and can be used as an ingredient to create unique flavor and smell for delicious food, they are also one of the auspicious plants in Thailand. It is believed that growing the fingerroot in front of the house can prevent illness in elders and dispel diseases as well as dangers. This may not only be a belief, but also an old trick for descendants to grow these home-grown vegetables to eat and be healthy.