

Curcuma zedoaria

[Synonyms : *Amomum zedoaria*, *Amomum zerumbet*, *Curcuma heyneana*, *Curcuma mangga*, *Curcuma pallida*, *Curcuma xanthorrhiza*, *Curcuma zerumbet*]

ZEDOARY is a perennial. Native to north-eastern India it has aromatic-smelling, yellow and pink flowers.

It is also known as *Beli isiot* (Bosnian, Croatian, Serbian), *Bông truât* (Vietnamese), *Cedoaria* (Spanish), *Cetoal* (Spanish), *Çevdar* (Turkish), *Curcuma zédoaire* (French), *E shu* (Chinese), *E zhu* (Chinese), *Gadwâr* (Arabic), *Gingembre bâtard* (French), *Gulpa hamar* (Turkish), *Isiot* (Bosnian, Croatian, Serbian), *Kachoram* (Telugu), *Kachur* (Hindi), *Kachura* (Bengali, Hindi), *Kacur* (Nepalese), *Khi min khay* (Laotian), *Kichili-hizhanghu* (Tamil), *Kurkum*, *Kurkuma zedoarskaia* (Russian), *Long zedoary*, *Ngái tim* (Vietnamese), *Nga truât* (Vietnamese), *Nghê đen* (Vietnamese), *Pula-hizhanna* (Malayalam), *Radice di curcuma* (Italian), *Round zedoary*, *Sati* (Sanskrit), *Satwâl* (Arabic), *Setval* (Serbian), *Setvar* (Bosnian, Croatian), *Setwall*, *Tam nai* (Vietnamese), *Tamo* (Filipino/Tagalog), *Temu kuning* (Malay), *Temu puteh* (Javanese, Malay), *Temu putih* (Indonesian, Malay), *Turmeric*, *Van haledo* (Nepalese), *White turmeric*, *Wild turmeric*, *Zadwâr* (Arabic), *Zédoaire* (French), *Zedoar* (Danish, Dutch), *Zedoaria* (Italian), *Zedoária* (Portuguese), *Zedoaria lunga* (Italian), *Zedoarie* (German), *Zedoarwortel* (Dutch), *Zedoarwurzel* (German), *Zedoary turmeric*, *Zedoire* (French), *Zittwer Kurkume* (German), *Zitwer* (German), and *Zitwerwurzel* (German).

Essential oil is extracted from the distilled roots.

Zedoaria is derived from a local Indian name.

In south-eastern Asia zedoary is cultivated for its roots that are dried and powdered for use as a condiment (particularly with fish) and a source of starch. The starch is nutritious and often included in diets for invalids and babies.

The underground stem also yields an oil that is used as a scent in cosmetics and an ingredient in perfumes, particularly those of India.

Medicinally, it has been used for treating indigestion, as an alternative to ginger (*Zingiber officinale*), and it has been recognized in the Pharmacopoeia of many Western countries.

In India it has been included in cold remedies and applied to bruises. Chinese medicine uses it to treat some forms of tumour.