



MEDICINAL QUALITIES

Asafoetida ~ Hing/Heeng

Medicinal Qualities: Asafoetida is used to eliminate stagnant waste from the intestinal tract and is especially good at clearing out the toxins and impacted waste that can be the result of a heavy meat or junk food diet. It can be used to help relieve flatulence, abdominal pains, and digestive disorders.

Baking Soda ~ Pakane ka Soda

Medicinal Qualities: In the human body, Baking Soda maintains the correct acidity level (or pH) of the blood stream. It is found in our saliva, where it neutralizes the plaque acids in our mouth to prevent teeth from dissolving. It is also used as an antacid to control acid indigestion.

Basil ~ Tulsi

Medical Qualities: Herbalists have recommended basil for years for stomach cramps, vomiting and constipation. Basil contains compounds known as phytochemicals that possess strong anti-oxidant, anti-bacterial, anti-viral, and immune-enhancing properties that promote general health and support the body's natural defense against germs, disease, and stress. It is also a natural tranquilizer and a tonic to calm the nervous system. May aid digestion and ease stomach cramps. Basil may also relieve nausea.

Bay Leaf ~ Tej Patta

Medicinal Qualities: The essential oil of the bay leaf is a constituent of perfumes, and can be used as a massage oil to relieve muscular soreness and enhance circulation, and is also used in tonic formulations to combat hair loss. It also aids with headaches, colic, indigestion, and gas.

Black Cardamom ~ Badi (big) Kala Eliachi

Medicinal Qualities: It stimulates the mind and gives clarity. Cardamom reduces the air and water elements, increases appetite, and soothes the mucous membrane. It relieves gas and heartburn caused by garlic and onion. It is also used as a remedy for treating depression and impotency.

Black Pepper or Black Peppercorns ~ Kali Mirch

Medicinal Qualities: Black pepper has demonstrated antioxidant and antibacterial. It is also said to cure flatulence and improve the condition of the stomach in which it alleviates constipation, dry hemorrhoids, gas and loss of appetite. In Asia, black pepper is often added to tea as a stimulant and peppercorns are sucked to soothe a sore throat. Pepper has calmative qualities and can be used to induce sneezing!

Black Salt ~ Kala Namak or Sanchal



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Medicinal Qualities: Salt is said to be a rejuvenator while aiding in digestion, improving eyesight, and a cure for flatulence and heartburn.

Carom, Bishop or Thymol ~ Ajwain Seeds

Medicinal Qualities: Ajwain contains thymol which is a germicide and antiseptic and is prescribed for diarrhea, colic and other bowel problems, helping expel wind and mucus.

Channa Masala ~ Chick Pea/Garbanzo beans Spice Blend

Spice blend that includes the following ground spices—coriander, red chili, black pepper, cardamom, cloves and cumin, dried mango powder, dried pomegranate, cinnamon, black cumin, long pepper, carom (ajwain), and black salt. Thus, Medicinal Qualities that would apply to this list of spices.

Cinnamon Sticks ~ Dalchini

Medicinal Qualities: Cinnamon is used to treat nausea, toothaches, flatulence, and diarrhea. It is also said that cinnamon is beneficial in controlling blood cholesterol and good for diabetes. The oil in cinnamon is anti-fungal and anti-bacterial (keeps colds away!). Cinnamon extracts have been used to treat gastrointestinal problems such as diarrhea.

Citric Acid ~ Tatri

Medicinal Qualities: Citric acid has many digestive qualities. Symptoms of indigestion such as heartburn, bloating and belching are reduced significantly. The bowels are aided in eliminating waste more efficiently thus helping to control constipation and diarrhea. Citric acid is a wonderful stimulant for the liver and is a well known solvent of uric acid and other poisons and helps to liquefy the bile. Sufferers of joint pain can benefit by taking citric acid. It is found that citric acid contains certain elements which will help stimulate a healthy system and keep that system healthy and well. As a food it will help to nourish the brain and nerve cells.

Cloves ~ Lavang or Laung

Medicinal Qualities: Cloves are traditionally used for pain relief, especially for toothaches and mouth ulcers. They are also antiseptic and increase overall blood circulation. When chewed, cloves can stop excessive flatulence (gas). Cloves will promote sweating with fevers, colds, and flu & are often used in remedies for whooping cough. Cloves are safe and effective for relieving vomiting during pregnancy and used topically to relieve general aches and pains, and in evaporators and diffusers to reduce tension and improve concentration.

Coriander Powder ~ Dhaniya Powder

Medicinal Qualities: Coriander is considered to have cooling, stimulant, carminative and digestive properties. The spice in cooking is used to prevent and eliminate flatulence (gas).

Coriander Whole Seeds ~ Dhaniya Saabut



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Medicinal Qualities: Coriander has reputed aphrodisiacal qualities. It is believed that ingesting coriander spice could heighten a man's sexual potency. Coriander is also considered to be an aid to the digestive system. It is also an appetite stimulant and aids in the secretion of gastric juices. A poultice of coriander seeds can be applied externally to relieve painful joints and rheumatism. The essential oils of the cilantro leaves contain antibacterial properties and can be used as a fungicide. Lastly, coriander seeds are considered to have cholesterol lowering properties.

Cumin Powder ~ Jeera Powder

Medicinal Qualities: Cumin is sometimes used as a calmative.

Cumin Seeds ~ Jeera Saabut

Medicinal Qualities: Cumin seeds are used to relieve gas pain, aid digestion and also rid the body of intestinal worms. They are also used in autoimmune disorders and are said to help bring the body back into harmony. Cumin seeds are also great for insomnia.

Curry Leaves ~ Curry Patta

Medicinal Qualities: The curry leaf can be used to cure skin rashes. The leaves, bark and the root of the curry plant are used in indigenous medicine as a tonic, stimulant and anti-flatulent. They strengthen the functions of stomach and promote its action. They are also used as a mild laxative. Curry leaves can be used to treat morning sickness, nausea and vomiting due to indigestion and excessive use of fats. They are also said to cure diabetes due to obesity, as the leaves have weight reducing properties. The juice of the root can be taken to relieve pain associated with the kidneys. Curry leaves are considered beneficial in preventing premature greying of hair. They can be effectively used to treat burns, bruises and skin eruptions. Last, but not least, the oil forms an excellent hair tonic to stimulate hair growth and in retaining the natural pigmentation.

Curry Powder ~ Spice Blend

Medicinal Qualities: Medicinal properties depend on which spices are used in the recipe.

Dill Seeds ~ Sowa/Suva

Medicinal Qualities: Dill is especially helpful for digestive problems and helps to control diarrhea. Flatulence in babies has been helped by dill seeds. It is rich in minerals and improves the condition of hair and fingernails. Dill also aids with hiccups and gastric distress.

Fennel Seeds ~ Sounf

Medicinal Qualities: Fennel seeds have anti-spasmodic properties and aid in digestion. They help to relieve gas pain and freshen the breath. Tea made from dill seeds help soothe upset stomachs. For chapped skin on hands and spit nails, dill is very beneficial. Fennel also prevents excessive wind, insomnia, nausea



and vomiting.

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Fenugreek Seeds ~ Methi Seeds or Metharay

Medicinal Qualities: A remedy for intestinal gas. Fenugreek seeds can be used as a tea to combat infant colic. Hot fennel tea also helps respiratory congestion. Essentially helps in colic, dysentery, flatulence and diabetes. Applying a paste of fenugreek seeds over the scalp can help to cure dandruff. Fenugreek supposedly tones the whole system.

Garam Masala ~ Spice Blend

Medicinal Qualities: Medicinal properties depend on which spices are used in the recipe.

Garlic ~ Lahsun

Medicinal Qualities: Garlic can reduce blood pressure & cholesterol, and prevent gastric and colonic cancers. Garlic can be an aid against heart attacks. It has long been recognized to aid during sinus attacks, colds and flu. Essentially, garlic is recommended to treat the distress of respiratory infections. It is most definitely a vermifuge, antiseptic, diaphoretic, diuretic, stimulant and expectorant. Garlic is said to boost the libido. It is also said to have great value when applied as a topical ointment to skin conditions such as acne or other types of pimples. Garlic is used internally to protect a body from disease and externally as an antiseptic to protect the skin from germs and disease. It works as a natural antibiotic and helps the body's immune system – a powerful antioxidant!

Ginger Root ~ Adrak or Sonth

Medicinal Qualities: Ginger is an age old cure for nausea, morning sickness and especially a great combat for travel sickness. Ginger is also used to ward off flu and colds by increasing circulation. It's crucial in the battle against cardiovascular disease and helps to relieve headaches, sore throats, upset stomach, and skin conditions.

Ginger Powder ~ Adrak Powder

Medicinal Qualities: Ginger relieves headaches, adds warmth to the body, prevents flatulence (gas) and improves digestion. It increases circulation and stimulates the central nervous system controlling the heart and respiratory centers. Ginger is considered an effective remedy for indigestion and stomach aches. It helps to ease menstrual cramps and stress. Ginger is very cleansing and a proven anti-inflammatory agent for arthritis and rheumatism.

Green Cardamom ~ Choti (small) or Hari Eliachi

Medicinal Qualities: Green cardamom acts as a stimulant and digestive aid. It is used to treat teeth and gum infections (a way to sweeten the breath as well). It's considered to aid in the cure for obesity. It also has carminative properties that break up intestinal gas. Cardamom is also known to have a cooling effect on the body.



Green Chili ~ Hari Mirch

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Medicinal Qualities: Green chilies contain high levels of vitamins A and C (vitamin C helps our body to maintain healthy skin, tendons and bones), along with vitamins E and B1-3. They are also high in beta carotene and bioflavonoid. They are believed to have anti-oxidation qualities. Chilies also help reduce congestion in the nose, warm the body, improve circulation and stimulate the metabolism.

Long Pepper or Piper Longum ~ Pippali

Medicinal Qualities: Long pepper improves appetite and digestion, helps control coughs and asthma, reduces mucus and improves & increases absorption of food, nutrients and herbs. Some use it for bronchitis, asthma, cough and fever, and to stimulate the medicinal effects of other herbs. The warming qualities of peppers also help with the excessive phlegm of respiratory tract inflammatory conditions.

Mace ~ Jaivriti

Medicinal Qualities: Mace has been used in mild cases of diarrhea, flatulent colic, and some forms of dyspepsia.

Mango Powder ~ Amchoor

Medicinal Qualities: Mango powder acts as an acidic and astringent.

Mango Steen ~ Kokum

Medicinal Qualities: Mango steen provides an antioxidant profile you need to protect your arteries, your brain cells, and literally every part of your body from oxidation. It's helps to maximize and optimize your health and energy levels.

Mint Leaves ~ Pudina

Medicinal Qualities: Mint is good for headaches, it eliminates garlic and onion scent in the mouth, helps the excessive heart beat, smoothens the stomach functions, helps against vomit, cures jaundice, kills the worm, cures stomach upset, stops bleeding, cures dog bites, scorpion and bee stings. Mint is also contraceptive. Overall, it's good for the brain, heart, and stomach. It is also good for appetite absence and menstrual diseases. Mint cures nerves, strengthens stomach, reduces fever, and stops cough. Mint is also known as efficient wound curing means. It's been used against sleeplessness good for digestion, stomach, hypertonic, atherosclerosis, and kidney & liver diseases. Lotions from mint leaves are used against rheumatic aches in joints and inhalation is good for throat diseases. Mint is used as an external ointment for headaches and skin diseases, as well as against respiratory and bronchial diseases and bronchial asthma via inhalations. It is also used against migraine, pungent respiratory diseases, diarrhea, vomit, and hemorrhoids. Mint is considered to be a mouth freshener as well.

Mustard Seeds ~ Rai or Sarson

Medicinal Qualities: Mustard seeds can help regulate irregular heartbeat,



cholesterol and blood sugar levels because of its magnesium content. Ground Ground mustard seed in a foot bath helps relieve respiratory congestion (flu) and (flu) and headaches.

Nigella Seeds ~ Kalonji Seeds

Medicinal Qualities: Nigella seeds are combined with various purgatives to allay gripping and colic and also help kill and expel intestinal parasites. They have a heating effect on the body and are used for digesting foods, to treat headaches, nasal congestion, and toothache. The seeds are also used as a diuretic to promote menstruation and increase milk production in nursing mothers. The seeds are used to treat ailments including bronchial asthma and bronchitis, rheumatism and related inflammatory diseases, to treat digestive disturbances, to support the body's immune system, to promote digestion and elimination, and to fight parasitic infestation. Its oil has been used to treat skin conditions such as eczema and boils and is used topically to treat cold symptoms. They have anti-cancer properties, especially breast cancer. The seeds essentially are considered to be immune system boosters!

Nutmeg Powder ~ Jaiphal

Medicinal Qualities: Nutmeg is used as a remedy for digestive disorders. It helps in rheumatism, may alleviate nausea, vomiting, flatulence (gas), certain forms of dyspepsia and mild cases of diarrhea. A small amount of nutmeg, about the size of a pea, can be taken once daily over a long period (6 months to a year) to relieve chronic nervous problems, as well as heart problems stemming from poor circulation. Added to milk, and baked fruits and desserts, it aids in digestion, and relieves nausea. Nutmeg possess like the other spices, aromatic, stimulant, and carminative properties; but in large doses it is narcotic, producing effects, it is said, similar to those of camphor in which it can be toxic.

Onions ~ Piyaz

Medicinal Qualities: Onions on occasion can assist with flatulence (gas), thirst, headache relief, snake anti-venom, and a cure for hair loss. The bulb is the most active part and is stimulant, diuretic, and expectorant. Onions are said to prevent scurvy and are also used in the treatment of diarrhea, colds, intestinal parasites, gallstones, and rheumatism.

Paprika ~ Deghi Mirch

Medicinal Qualities: Paprika is not attributed any medicinal qualities but is high in vitamin C and carotenes.

Pomegranate Seeds ~ Anardana

Medicinal Qualities: Pomegranate seeds have very refreshing, digestive and soothing qualities. They are a good source of vitamin C and potassium, and are naturally a good source of antioxidants.

Poppy Seeds ~ Post Dana or Khus Khus

Medicinal Qualities: Poppy seeds have been used to relax smooth muscle tone,



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making it useful in the treatment of diarrhea and abdominal cramping, and used as a sedative analgesic and antitussive. Western poppy syrup is an anodyne and expectorant. Eastern poppy is an anodyne and narcotic. Cough mixtures and syrups are also made from this variety, which is further used as a poultice with chamomile. An infusion of seeds is said to help ear and toothaches.

Red Chili or Cayenne ~ Lal Mirch

Medicinal Qualities: Red chilies are excellent for digesting and releasing toxins, and relieving pain. They are rich in vitamin C. They have been relied on as a cough inducing agent in laboratory studies, as well as a pain relieving medication for topical use in arthritis and neuropathies. Peppers that have pungency increase mucous secretion in the lungs and nose. The capsaicin of chili peppers is also used offensively in pepper sprays since it is very irritating to the eyes and respiratory tract. Most of the older medical uses (such as dyspepsia) are not regarded as valid medications, but chili pepper is still used in Ayurvedic therapy to treat peptic ulcers. The addition of chili pepper to chicken soup (with accompanying garlic and other herbs) is recommended as a useful therapy for colds, sinusitis and bronchitis. When taken internally, capsicum is a powerful stimulant producing when swallowed in small doses, a sensation of warmth in the stomach, and a general glow over the whole body. Taken in this way, it promotes digestion, and prevents flatulence (gas).

Saffron ~ Kesar or Zafran

Medicinal Qualities: Saffron tends to lower blood cholesterol, has laxative and diaphoretic action used to treat measles, fever, erupted skin disorders and gastro-intestinal healing. Recently, it has been claimed that saffron has anti-cancer properties but these are yet to be proven.

Salt ~ Namak

Medicinal Qualities: Salt is vital for the survival of all living creatures.

Sambhar Powder ~ Spicy Lentil Soup Powder

Medicinal Qualities: Medicinal properties depend on which spices are used in the recipe.

Sesame Seeds ~ Til Seeds

Medicinal Qualities: Sesame seeds are used to treat dysentery and a number of stomach ailments. They are great at suppressing the urge to vomit. Sesame seeds are high in mineral content and for people with milk allergies, as they provide sesame seeds provide an alternative source of calcium. They also aid in treating infections to stimulating brain activity. They are believed to contain antioxidants as well.

Sugar ~ Cheeni

Medicinal Qualities: Sugar is of little importance in a medical point of view. In the form of lozenges, sugar candy, etc. it allays tickling cough by slowly dissolving in the mouth. It is nutritious, but in consequence of not containing nitrogen, it is not



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capable in itself of supporting life. It is a powerful antiseptic, and is largely used for preserving meat and fruit. The brown sugars are more complex and flavorful; they contain calcium, iron and vitamins.

Tamarind ~ Imli

Medicinal Qualities: Tamarind provides a good source of vitamin C. The medicinal properties of its flesh are cleansing and reducing heat from the body. Tamarind seeds help get rid of parasites. The roots of tamarinds can treat dysentery and leprosy. Tamarind shells are can be used for treating running stomach. Tamarind is said to relieve the effects of alcohol. In addition, tamarind has been found to be helpful for healthy cholesterol and blood sugar levels which could make it useful for those with diabetes.

Turmeric Powder ~ Haldi Powder

Medicinal Qualities: Turmeric is used to treat and prevent conditions of the liver such as hepatitis, cirrhosis and jaundice. It calms the digestive system and stimulates the gall bladder to release bile (aiding the breakdown of fats). Added to beans and lentils, it can help to reduce gas and bloating. Turmeric can be used for indigestion and is rumored to have cancer fighting properties. It helps with Alzheimer's, as well as reducing gas in the digestive system, curing rashes and wounds on the skin, healing ulcers, helping destroy viruses in the digestive system, and helping to prevent cancer in the intestine system. Turmeric has been a popular in treating skin diseases (e.g., rash, chronic wound, etc.) and inflammation from insect bites, and cleansing. Medicinal qualities of turmeric also include preventing the liver from being destroyed by toxins, killing some bacteria's and viruses, preventing cancer and healing wounds in the stomach and intestines, and treating stones in the gallbladder. The principle organs that it treats are the skin, heart, liver and lungs. Activities of turmeric include: alterative, analgesic, antibacterial, anti-inflammatory, anti-tumor, anti-allergic, antioxidant, antiseptic, antispasmodic, appetizer, astringent, cardiovascular, carminative, cholagogue, digestive, diuretic, stimulant, and vulnerary. Therapeutic uses include: AIDS/HIV, anemia, cancer, diabetes, digestion, food poisoning, gallstones, indigestion, IBS, parasites, poor circulation, staph infections, and wounds. Turmeric helps regulate the female reproductive system and purifies the uterus and breast milk, and in men it purifies and builds semen, which is counterintuitive for a pungent bitter. It reduces fevers, diarrhea, urinary disorders, insanity, poisoning, cough, and lactation problems in general. It is used to treat external ulcers that respond to nothing else. Turmeric has an anti-inflammatory action that works well against coughs, colds, asthma and other bronchial-related illnesses.