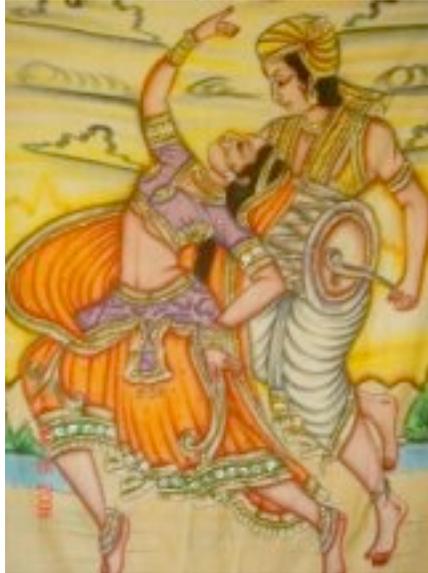




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APHRODISIAC SPICE SUTRA

Aphrodisiac Foods are sensual - some substances found in food and drink are known to stimulate sexual desire. Currysutra explores the spice palate, aromas, and taste to bring you the "Spice Goddess of Sensuality".



Exquisite spices of love!

Aphrodisiac foods are certainly not a modern invention. Their origin become to antiquity, from Egyptian, Greek and Romans cultures, from well over 5000 years ago.

Aphrodite was the Greek Goddess of Love. She was the 'Venus' of the Romans.

Aphrodisiac was given its name through the love of Aphrodite. Aphrodisiacs are sought because of believing that they could enhance the greatest earthly pleasure that they have been given: Sex.

Over the years, spices have offered the luxury of intriguing tastes, impressive incenses and delightful perfumes, and they have always been included in recipes for improving sexual potency. Other uses include, to help with infertility and sterility, for purposes of seduction & arousing effects, and to spice up your love life.

Many spices are said to have aphrodisiac qualities to enhance your love life. Here are some spices to incorporate into your menu that have had a long reputation of having aphrodisiac properties!

Asafoetida has a foul smell, but in small amounts it can provide a sensual taste or smell.

Cardamom is a sensual especially considered and renowned to have aphrodisiac properties and powers. With a peculiar nature; it cools the body when it is hot, and



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warms it when it is cold. Cleopatra used to take baths in cardamom. Its essential oil has an erotic effect. It also imparts a fragrant breath.

Cayenne Pepper Capsicum Annuum is a stimulant, irritant, fresh or dried fruits eaten. It heats the sexual drive. It has irritating effects on membranes and urogenital area. Contains acrid substance capsicum and a lot of vitamin C.

Cayenne is also known as capsicum and plays a very large role in blood circulation. When cayenne is ingested, it dilates blood vessels. This allows increased blood flow throughout the body, especially in the major organs. The male penis benefits greatly from the ingestion of cayenne. It is a widely held belief that cayenne aids in longer lasting erections, with stronger ejaculations and more intense orgasms. For Men!

Cinnamon is a stimulant, spice used in food or massage oil into genitals for erotic stimulation.

Coriander is a stimulant known since ancient Egypt and Palestine. It would be added to wine to increase the semen.

Clove is a stimulant, used as spice or oil, that has strong antiseptic and stimulating properties. Cloves contain eugenol; its smell is fragrant and aromatic, and has long been considered as enhancing sexual feelings.

Garlic tonic rejuvenates and used as a spice, it has a magic element (to banish bad influences or vampires). Essential oils have antibiotic and cell-activating effects. Used as an aphrodisiac since the Egyptians, the Romans consecrated it to Ceres, the goddess of fertility.

Ginger is a stimulant, rootstock eaten or made into tea. It has hot qualities and heats like fire in the body. Ginger contains gingerols, zingiberene and other characteristic agents that have made it a favored seductive flavor in Asiatic and Arabic herbal traditions.

Mace and Nutmeg - African Aphrodisiac. The nutmeg tree is a wide evergreen, native to the Spice Islands of Indonesia. However, it has been used in India as a spice and medicinally as early as 700 BC. Mace and nutmeg are two different spices from the same fruit. Nutmeg is the dried kernel and mace the dried shell which surrounds the seed. Nutmeg is more aromatic, sweeter and more delicate than mace and it is believed to impart strength and enhance sexual prowess. It is used in love magic. The main component is myristicin, the base of the "love drug" MDA or ecstasy. Ingest: seeds, nuts, mace or oil.

Pepper is a stimulant, a love magic agent. It contains alkaloids and has irritating effects on mucous membranes. Cubeb pepper (Piper Cubeba) has substances that stimulate the sex drive. Pepper from India contains piperine: this pungent agent can stimulate sexual function, according to ancient beliefs.



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Saffron has hot and dry qualities, a stimulant or inebriant depending on dosage. Sun dried filaments ingested stimulates sexual desires for women. Essential oil evokes long, distinctive orgasms. Saffron contains picrocrocin which is alleged to have the ability to cause erotic sensations. In high doses, saffron oil is abortive and toxic.

Spices can really put you in the mood...we should never underestimate the power of sensual suggestion!