



Ajwain - Carom Seed



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What is Ajwain?

Ajwain is a herb also known as Bishops Weed. This beneficial herb is used in culinary process as spice as well as a major ingredient of different kind of medicines. Ajwain seeds are small in size but taste hot, penchant and bitter. It acts as good appetizer, laxative and stomachic. It is used as effective remedy in managing ailments like vomiting, mouth diseases, pile, treatment of ascites, abdominal tumor, abdominal pain etc.

Ajwain - Carom Seed The spices of India are famous all over the world for add taste and flavor to a variety of traditional Indian dishes. Just as all the other Indian spices, carom seeds have their own special way of adding flavor to the dish. They belong to the family of Apiaceae plants. Carom seeds are called 'Ajwain' in India and resemble cumin seeds in their appearance. However, the size of these seeds is smaller than cumin seeds. They have a strong fragrance and are similar to thyme in taste, although stronger in flavor. You can use whole carom seeds as well as grind them to a powder. If you want to use them as a powder, it is recommended to buy them and grind them at home.



The usage of carom seeds in garnishing the dishes vary from one region to another. However, the use of these seeds are particularly popular in the northern part of the country, and thus, you will find the presence of carom seeds in many North Indian dishes as compared to other regions.

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Carom seeds are popularly used in 'Tadka' or tempering pulses and vegetables. This is a process in which you heat the oil and add various spices to leave their flavor and add fragrance to the dish. Along with other spices, small quantities of whole carom seeds are used for tempering dishes. Alternatively, you can use powdered ajwain for garnishing purposes while cooking vegetables. Carom seeds are also widely used to add flavor and taste to 'paranthas'. They provide a distinct flavor and smell to the 'paranthas' and helping them be more digestible at the same time.

Carom seeds work as good preservatives and thus they are frequently used in pickles. These seeds are also known for facilitating digestion and are often used as a digestive after heavy and rich meals. All you need to do is simply chew the seeds! However, you can mix a little bit of sugar to make the taste better. Usually, the raw seeds are quite pungent to chew. You can also boil carom seeds in water and wait till the water has become half. This water is known to be a very good digestive and keeps all indigestion and acidity related problems away. If you are suffering from cold, you can mix carom seeds with water and take the steam after boiling them. Like all other Indian spices, carom seeds also continue to be known for their multiple usages in the Indian cuisine as well as other health related aspects.

Here are the few health benefits of Ajwain:

➤ Ajwain is very useful in alleviating spasmodic pains of the stomach and intestines, in adults as well as children. Any colicky pain due to flatulence (gas), indigestion and infections in the intestines can easily be relieved by taking one teaspoonful of Ajwain along with 2-3 pinches of common salt in warm water.

- In an acute attack of common cold or migraine headache, put Ajwain powder in a thin cloth and smell this frequently. It gives tremendous symptomatic relief according to some Ayurvedic experts.

- Ajwain is a very good digestive. It can be taken with buttermilk to alleviate digestion related problems. It is a good anti-acidic agent.

- If you have chronic bronchitis and asthma, take the mixture of Ajwain and jaggery, heat it to make a paste and take 2 teaspoonfuls twice a day. However, diabetics should not take this preparation because of the sugar content. It helps to bring out the mucus easily and alleviates chronic bronchitis and asthma to great extent. It also helps in chronic cold.

- If people who consume excessive alcohol develop discomfort in the stomach, taking Ajwain twice a day, will be very useful. It will also reduce the craving and desire for alcohol.

- Taking one teaspoon of Ajwain with hot water stimulates the heart and relieves heartache.

- Ajwain oil can help in relieving ear ache with just one or two drops in the ear.

- Ajwain oil can also be used to massage legs and knees to get relief from pain from arthritis. It is beneficial in treatment of rheumatic and neuralgic pain.

- The smoke of burning Ajwain seeds is effective in treating toothache. Gargle with lukewarm water prepared by boiling of Ajwain and little salt two to three times a day, it cures tooth pain.

- Ajwain is very effective in curing cough. Drinking hot water after chewing little Ajwain cures cough. Chewing betel leaf with Ajwain at night before sleeping controls and cures dry coughing.



- A tablespoon of crushed Ajwain tied up in a small cloth bundle can be used for inhalation. It also relieves nasal congestion while sleeping when placed near the pillow.
- A person suffering from influenza should drink the boiled water with 3gms of Ajwain and 3gms of Cinnamon bark for 3 days, thrice a day. This helps curing influenza to a great extent.



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