

# Ayurvedic Action of Common Spices

## Cardamom

- **Deepana** (enkindles digestion)
- **Pachana** (digestive)
- **Anuloma** (corrects flow of vata downwards)
- **Shula prashama** (alleviates intestinal spasms)
- **Chhardi nighrahana** (anti-emetic)
- **Kasahara** (benefits coughs)
- **Shwasahara** (anti-asthmatic)
- **Hikka nighrahana** (stops cough)
- **Shirovirechana** (clears head of mucus and congestion)

## Coriander

- **Deepana** (enkindles digestion)
- **Pachana** (digestive)
- **Shula prashama** (alleviates intestinal spasms)
- **Dahaghna** (alleviates burning in the body)
- **Agnimandya nashaka** (alleviates sluggish appetite)
- **Trishaghna** (alleviates thirst)
- **Hridayam** (cardiac tonic)
- **Krimhigna** (kills intestinal worms)
- **Mutrala** (diuretic)

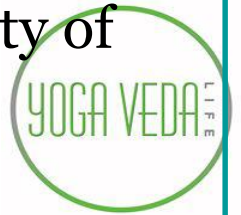


## Turmeric

- **Lekhan** (scraping property)
- **Deepana** (enkindles digestion)
- **Prameham** (useful in diabetes)
- **Pandu** (used in anemia)
- **Jwaraghna** (alleviates fever)
- **Varnya** (complexion enhancer)
- **Kushthagna** (removes skin diseases)
- **Vedana sthapana** (analgesic)
- **Artava janana** (promotes flow of menses)
- **Krimhigna** (kills intestinal worms)
- **Sandhaniya** (heals broken bones)
- **Shirovirechan** (clears head of mucus and congestion)
- **Stanyashodaka** (purifies breasts and breast milk)

## Fennel

- **Deepana** (enkindles digestion)
- **Pachana** (digestive)
- **Anuloma** (corrects flow of vata downwards)
- **Shula prashama** (alleviates intestinal spasms)
- **Chhardi nigrahana** (anti-emetic)
- **Kasahara** (benefits coughs)
- **Shwasahara** (anti-asthmatic)
- **Sattwa** (increases clarity of consciousness)



## Ginger

- **Deepana** (enkindles digestion)
- **Pachana** (digestive)
- **Rasayana** (rejuvenative)
- **Amanashaka** (destroys toxins)
- **Chhardi nighrahana** (anti-emetic)
- **Hikka nighrahana** (stops cough)
- **Grahi** (absorbs fluids from the intestines)
- **Arshoghna** (removes piles)
- **Sitaprashamana** (reduces feelings of cold)
- **Vedana sthapana** (analgesic)

## Cinnamon

- **Deepana** (enkindles digestion)
- **Amanashaka** (destroys toxins)
- **Hridayam** (cardiac tonic)
- **Vatahara** (reduces aggravated vata)
- **Balya** (imparts strength)
- **Vatakaphanashak** (alleviates vata and kapha)
- **Shukrala** ( increases semen)



## Cumin

- **Deepana** (enkindles digestion)
- **Pachana** (digestive)
- **Pavanaghna** (relieves gas)
- **Anuloma** (corrects flow of vata downwards)
- **Shula prasamana** (alleviates intestinal spasms)
- **Chardhagna** (alleviates vomiting)
- **Medhya** (benefits intelligence)
- **Shirovirechana** (clears head of mucus and congestion)

## Hing

- **Deepana** (enkindles digestion)
- **Pachana** (digestive)
- **Shula prasamana** (alleviates intestinal spasms)
- **Anuloma** (corrects flow of vata downwards)
- **Swasa** (helps breathing)
- **Krimhigna** (kills intestinal worms)
- **Artava janana** (promotes flow of menses)
- **Vedana sthapana** (analgesic)

