

Ayurveda Spices

**Make your own blend or
follow a recipe**

Ginger

Dried ground ginger is a warming spice, predominantly pungent in taste, and Pitta promoting. It is useful in aiding digestion, enhancing appetite, and pacifying Vata and Kapha in the stomach. It is called Vishwabhisaj ("universal medicine") because of its effect on enhancing digestion.

Tumeric

Turmeric is one of the most prized spices and is ubiquitous in Ayurvedic cooking. It is balancing for both Pitta and Kapha and helps remove Ama. It is predominantly bitter and astringent in taste. In Ayurveda it is considered a blood purifier that helps detoxify the liver, boost immunity, balance blood lipids, modulate allergies, and enhance the complexion.

Fennel

Fennel is used as an expectorant and has a cooling effect on tissues, which helps calm the throat and support mucosa. It's also been shown effective in supporting immunity and helping maintain normal bacterial balance. They strengthen digestive fire (agni) without aggravating pitta dosha, as many other digestive herbs do. They are good for all three doshas (vata, pitta and kapha) and have a pleasing flavor a bit like licorice

Amla

Amla acts as a diuretic agent and is therefore thought to enhance food absorption, balance stomach acids, fortify the liver, and nourish the brain and mental functioning. It may also strengthen the lungs, improves skin quality, and promote healthy hair, calming for pitta.

Black Pepper

Black Pepper: an important healing spice, it has cleansing and antioxidant properties, and is a "bioavailability enhancer" -- it helps transport the benefits of other herbs to the different parts of the body. It helps enhance digestion and circulation and stimulates appetite. Great for lung and heart conditions.

Coriander

As per Ayurveda, the culinary applications of coriander have a medicinal background to balance the food properties and facilitate digestion. A rich source of vitamin C, magnesium, potassium, calcium and iron, coriander is also effective at controlling bad breath.

Cumin

Cumin is an important component of most of the Ayurvedic decoctions specifically used for the conditions like bloating, vomiting, diarrhea, dysentery, malabsorption syndrome, fever and skin disease, and so much more. Balancing for all Doshas.